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PSYCHOCYBERNETICS FOR MASTERS SWIMMERS

by

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The science of cybernetics tells us that man has and uses machines, how the machine functions, and how it can be used. This combined with the servo-mechanism or goal striving device can be a useful technique for maximizing the individual's potential. The programming of your servo-mechanism or built-in guidance system can give you a new or better self-image that will work for you as a success mechanism. This is the 'psycho' part of psychocybernetics, a term coined by Maxwell Maltz from a book by the same name.

Three areas should be considered to improve the overall performance of the Master swimmer. These areas include training, stroke mechanics, and mental preparation. The third area, that of mental preparation, is usually not fully considered even by top senior swimmers. Psychocybernetics is part of this mental aspect. Many Master swimmers I have asked about preparing for their competition tell me about their training and improving their strokes, but are meager in mental strategies.

Since the person must be considered totally, confidence must be built into a positive self image for a total program. The groundwork for a good self image and for confidence must be established during the year in the regular training sessions. Program yourself for success with mental practice training, stroke mechanic skills, and race strategies. The success program should include the following: 1. establish goals or targets; 2. develop self confidence, correct any errors; 3. Keep trying, forget failures, remember successes; and 4. have faith, don't wait for proof - let your creative mechanism work, don't make it work. The basic principles should give you a new mental picture of yourself after a period of time.

Use mental practice and imagery to improve your training techniques and stroke skills. Spend some time in thinking of correct stroke mechanics and how it feels to do the stroke correctly. Use this same technique to prepare for your events before a meet. Many Master swimmers never plan or think of the event ahead of time, they just dive in and swim as fast as they can. Many top swimmers mentally go through each event stroke by stroke from the dive into the finish. There are several ways to use imagery for your events. One way is to see yourself performing and the other is to feel yourself actually going through each detail as when you are swimming the event. Many mistakes that are made in the races can be avoided with this technique. Starts and turns can be enhanced with mental practice used as a supplement to the actual skill practice. Studies using mental practice for improving basketball shooting skills as reported in the Research Quarterly have demonstrated improvements of 23% which was comparable to 20 minutes a day actual practice. The following is a description of what I have done in mentally practicing for some of my events. You should also know the physical characteristics of the pool where you are going to have the competition.

Imagination and Mental Imagery - I see and imagine that I am at the pool preceding my event and after I have warmed up.

I think through all the details and stretch out all the joints of the body. The 100 yard individual medley is called and I visualize the starting block, the pool, and the lane markers. The starter blows a whistle for us to stand on the starting platforms. I see the lane I am in (of course lane 4 is usually the fastest swimmer) and the lane markers and backstroke flags. I concentrate on just the lane markers and the starter's commands. At this point, you can slow down time so that you attend to all details. I will use a grab start, so I grab the platform with my hands outside the feet, pull down and attend to the starting signal (a gun or horn). I explode off the platform and feel the water as I enter and glide, my fly kick starts with 2 beats as my arms start the stroke with no breath until the third stroke, then every two strokes as I go down the pool visually going through the 6 or 7 strokes for the butterfly. The last two strokes must be timed so I don't have to chop or glide to make a turn from fly to back. I hit the wall on my last fly stroke as I see the wall underwater and the turning target. I turn and push hard as I glide underwater on my back with air exhaling out my nose. I start my kick and the first arm pull brings me to the surface as I pass under the flags 15 feet from the wall. The ceiling lights keep me lined up and the lane lines are vaguely visible in my peripheral vision as I feel each arm pull and push through the correct stroke. At about 12 strokes my head passes under the backstroke flags and I count number one, on my first stroke under, then two, then three as I drive my fourth stroke for an above water turn and kick hard to keep me moving. I feel the wall and then see it as I turn on my side to bring my feet into the wall, keeping them low so I can get a deep push off for the breaststroke. I push and glide, looking at the bottom of the pool, then a long hard pull-push-glide for my underwater stroke with my kick bringing me to the surface for my first breath. I pull hard, snap my head up for a breath and then kick and turn over fast as I approach the 75 yard mark. I time my stroke to make an efficient but speedy turn with a two-handed touch and then a push off into the crawl stroke as I skip a breath off the wall and then single breath down the pool, putting every last bit of power in each stroke as the wall gets closer. The last six strokes are done without a breath and then a fast touch with the finger tips on the wall. (This is especially important for automatic timing pads.) I look up at an imaginary electronic clock that shows my goal time--a fantastic time of 1:03.8 for a new National Record in the 100 yard I.M. for the 50-54 age group. (I have the present record of 1:04.5.) You can also imagine being congratulated by friends and officials for the personal best time. Then I check with Patti to find out my 25 yard splits--:13.1 fly, :16.4 back for a :29.5 50 yard split, then :19.0 for breaststroke for a :48.5 and a :15.3 for the crawl stroke last lap to make a 1:03.8

The previous procedure can be used at meets before your event to review your mental imagery. It will help to be by yourself to concentrate and for 4 or 5 minutes put everything else out of your mind. Stroke by stroke go through your event from start to finish to program your total self. Do not let outside things interrupt your thoughts. Use this same mind set or self hypnosis when you step upon the starting platform for your events.

As you improve your techniques and procedures in programming your success mechanism, you will find the improved self image will be of help in other endeavors of work and life in general. You are a success in your training if you average 2-3 times a week all year. If your friends don't tell you you're the greatest, tell yourself.

At 57, he learns how to channel all his energy

Chicago Tribune

In the Wake of the News

By David Condon



"I'LL BE THE oldest ever to swim the English Channel," said Jim "Doc" Councilman, a 57-year-old thin man who is all but the left of a formerly fat man.

"Swim the English Channel?" I gasped. "That's as easy as standing in the rain. My editors think you're planning to walk the channel."

But I didn't close my notebook. You do not casually turn away from Councilman, the Indiana University coach who directed the American men's swimming team to 12 Gold medals in 13 events at the Montreal Olympics. You listen to the man who turned Mark Spitz and John Kinsella into fish, and who spiced up men's swimming with such diverse things as isometrics and co-ed team managers. You listen to Councilman when he talks to drugs, the East Germans, paying the price, and the winner's ecstasy. You make notes as he says:

"Why the Channel? Well, the English Channel remains the Mecca of marathon swimming, although Kinsella probably could do it with one hand strapped to his side. Some can swim it both ways. But I'm 57, and just starting marathon swimming, and want to do it to give a new image to myself."

I TOLD DOC Councilman he already is projecting a new image to others. Once he was as blubbery as a whale or Condon. Now he is as svelte as a malnourished alewife.

"Yes, I've become a health nut," he explained. "I still take an occasional drink, but I have undertaken a tremendously disciplined program of exercise and weight control. I started that when my blood pressure hovered around 155-125 if I was taking medication. Now my pressure is perfect and I take no medication."

"I ballooned in weight when I quit swimming," he added. "And why did I quit? Well, I was too busy coaching, and doing so many other things, but I've learned that a man never should be too busy to take care of his body."

I pushed aside the hot fudge sundae while Coach Councilman continued: "I tried to do it by jogging, but found that my ankles wouldn't support those kind of jolts. At 50, I weighed 250. Now look at me."

I looked. He was eating a salad.

IF SWIMMING is so much fun, why are mermaids always pictured sitting on rocks? And marathon swimming, though why did Doc Councilman, with otherwise honorable credentials, embrace marathon swimming?

"After setting up my swimming program," said the coach, "I wanted to try competition. I swam the shorter events in Masters competition." Masters, you should know, is a fancy label for Semi-Senior Citizens.

"Then Kinsella began having his success with the marathons," Councilman continued. "So why not me? And why not the English Channel?"

"I'm swimming maybe two or three miles a day. I can stretch out to good distances. My next step is getting used to cold water. In August, the ideal month for a channel swim, the water may be down to 61 degrees. On rare instances, it's practically boiling—69 degrees. The direct channel course is about 20.5 miles, but with tides you can't swim directly. At my age, given ideal weather, temperature, and navigation, I'd figure to swim it between 16 and 18 hours."

OKAY, NOW, everybody out of the pool to listen to Doc Councilman on other swimming topics:

"Despite the whipping the American women took from the East German girls in the Montreal Olympics (the frauleins won 11 of 13 Gold medals), things look bright for us in the 1980 Games in Moscow," said Councilman. "In fact, the Olympic future is better for the American women than it is for the men—at this point. We must find more good, young men swimmers."

The recent world meet was dominated by a new crop of American women. Why this turnaround in two years? Have the East Germans cured their mania for victory at any means?

The HIGHLANDER

Teacher Overcomes Diving Injury, Clinches Medals At Toronto Meet

Ken Krueger has a variety of interests and professions. He models for Republic Pictures in Irvine, teaches English at Charter Oak High School and an adult swim fitness class at Mt. San Antonio College, and writes poetry on the side. Add to this that he still competes in swimming and we see a Renaissance man. This summer he focused on the aquatics.

Krueger was paralyzed years ago in a diving accident after having been an all American swimmer at USC and 1968 Olympic hopeful-reminiscent of Jill Kinmont. Obviously he has become mobile after much therapy.

His major aquatic endeavor since the accident came this summer at the World Master Championship in Toronto, Canada. This competition is broken up into 5 year age groups starting at 25-29 thru 80 and over. There were numerous Olympians and world record holders of the past present at the competition. The largest national contingent present



KEN KRUEGER.....

was the Germans, represented by 149 swimmers. The smallest was from Ireland, Europe, Asia, Australia, South America and North America were represented.

Shaving down (arms, legs, back, chest) for the first time since his collegiate days at USC in 1968, he swam an excellent first day. Krueger took an easy second to Tod Spieker, another Californian, in the 200 meter backstroke, 2:36.7. Later that day came his first gold medal of the meet in the 50 meter freestyle by more than a

half a body length with a time of 25.7. This was an incredible win (distance) over some excellent swimmers.

The second day of his competition brought revenge. The 100 meter backstroke was a tactical duel between Krueger and Spieker. Krueger won in 1:05.3 over Spieker. This was Krueger's second best time of his life. The tired Krueger then had to swim the 50 meter butterfly. He took third with the fastest time of his life 27.5.

The last day of individual competition held Krueger's favorite event, the 50 meter backstroke in which he held the world record 29.5. He won with a new world record of 29.2. Three gold, one silver, and one bronze were a fine treasure at the end of the individual competition.

The last day of swimming competition featured the two relays, the 200 meter medley relay and the 200 meter freestyle relay. Krueger swam on both winning relays for the United States team of Krueger, Slicker, Macabee and Jeffers. The medley relay team won the race by a tremendous margin of 20 meters in an outstanding time of 1:54. The free relay team won by 10 meters in 1:42.8.

Krueger now returns to teaching, modeling, and his Mt. Sac swimming fitness class which runs 6-7:30 p.m. Monday through Thursday and Saturday morning at 9-10:30. Members must attend at least twice a week. Fee is \$15 per month.

"I think the answer is that we again have gone out and found talented young girl swimmers. The East German women were big and muscular and there was a tendency to write off their Olympic domination with the theory that maybe their team had better pharmacologists. But we just ran short of talent. Now we have a team of skinnyp feminine youngsters who can beat those muscular athletes. But the Soviet men swimmers are the ones we must watch."

AT MONTREAL, the German girls were as awesome as the Luftwaffe. It was believed they had conditioned on the banned and controversial anabolic steroids.

I do not know the difference between anabolic steroids and Wheaties, but Councilman explained:

"They're what weightlifters take to bulk up. Shot putters and discus throwers use them. If you and another man of identical build are on the same program, you'll put on more muscle if you use anabolic steroids. They're a male hormone, and are more effective on women athletes."

An athlete can retain the extra muscle but eliminate any traces of the steroids by going off the program prior to competition, explained Councilman. He didn't volunteer an opinion on the validity of the charges against the East Germans.

"WE REALLY don't know too much about anabolic steroids," said Councilman, who has a scholar's curiosity about anything that affects physical conditioning. "There is a suspicion that these steroids could cause serious long-range side effects."

"Unfortunately, I know body builders who are very heavy on steroids and, when I caution them that there might be serious effects 20 years from now, they don't seem to care. They're just after bigger muscles now. Those short range goals are distressing."

But, on the other side, it's heartening to see that a 57-year-old man has a long-range goal: swimming the channel.

Without steroids, says the svelte Councilman.



Members of the Metro Masters Swim Club of New York at a recreational center in Freeport, Long Island. Below: Dawn Musselman, 65.

AMERICAN WAY, FEBRUARY 1979



While running has attracted the most athletes and would-be athletes — a recent Gallup Poll estimated that there are 25 million runners in the United States — it is clear that running is not for everyone. There are decided drawbacks: aching muscles, tendonitis, cramps, you name it. Many people have begun looking elsewhere for an exercise that will provide all the aerobic benefits for their cardiovascular systems without the painful side effects. And they think they have found it, with a relatively painless exercise and with competition that gives them a kick.

Dawn Musselman, 65, is among them. She lives in a trailer park in Puyallup, Washington, and trains regularly. George Brunstad, a 44-year-old pilot, is on a six-day-a-week regimen. Jane Katz, who trains daily, is 35, though you'd hardly know it if you bumped into her while disco dancing at New York City's swinging Studio 54.

Indeed, many of the Masters swimmers are recording faster times than they ever have, as the benefits of regular training begin to pay off. But unlike the fierce drive of teen-age Olympic hopefuls, competition in Masters swimming can be relatively low-key, particularly among older swimmers. Many of them view the diversion as sort of swimming in a large version of Ponce de León's Fountain of Youth.

The older the swimmer, the better the story, and there are enough success stories about older swimmers to make any out-of-shape 25-year-old head straight for a pool. There is, for example, Ruth Deal of Oklahoma City. Deal first learned to swim at age 54, proving, incidentally, that it's never too late to learn. Last March, at 79, Deal entered Masters competition for the first time, winning three events at a meet in Norman, Oklahoma. In May she won four races at a National Amateur Athletic Union



Dr. Jane Katz and Captain George Brunstad meet in San Antonio, Texas. Remember, she's 79 years old. Where will she go from here?

Or look at Sylvia Bailey, now 71. Eleven years ago she broke her back and had to wear a brace. Seven years ago she suffered a massive heart attack. Then, under a doctor's watchful eye, Bailey began swimming for therapeutic purposes. Eventually, the brace was discarded. Now a member of the Rinconada Masters team in Palo Alto, California, she swims a mile a day, five days a week, and in the swimming community her name has become synonymous with overcoming adversity.

Dawn Musselman's story is something special. In 1932, when she was known as Babe Gilson, she was a good-enough swimmer to be invited to the Olympic trials, but a freak injury forced her out of the competition. Forty years and 10 serious operations later, Musselman returned to swimming. But it wasn't easy. In her first meet she got water in her ear, bumped into lane dividers, and wound up walking to the finish line. But in her second race, against 60- to 64-year-olds, she set a record for her age group. After four years in that competition, she held 12 records.

"She is a natural," says Maxine Merlino, age 65, and the holder of 27 national records for women aged 65 to 69. Merlino dreaded the day last June when Musselman turned 65 and set out after her records. That's what happens to Masters swimmers: As they get older, they become youngsters in a new age grouping.

To see people in their senior years with so much energy delights Captain George Brunstad, an American Airlines pilot who lives in Wilton, Connecticut, and who swims vigorously six times a week.

Brunstad seeks out pools even when he is away from his home base and sometimes sneaks in a workout with a high-school team. "It's great for them to see the 'old man,' as they call me, keeping up with them. They never razz me. They're just amazed to see me there. It's a strong, positive thing for them to see an older person physically fit with great cardiovascular capacity.

It's only been 4½ years since Brunstad returned to swimming in earnest. A swimmer in his college days at the University of Washington, he laid off for almost 20 years. His experience is similar to that of Jerry Greenberg, a former University of Maryland swimmer, who has now parlayed his interest in swimming into a full-time, successful business career.

In college meets Greenberg kept coming in second. Discouraged, he stopped swimming. By the time he was 30, his weight had ballooned to 180 pounds and he didn't like it. So he shed 40 pounds and resumed swimming. Three years ago Greenberg and a friend founded a swimsuit and swimming-equipment company, the Finals, which is beginning to make waves in the sporting-goods market. Now 36, Greenberg gets up at 6 every morning to swim for more than an hour before he begins his business day. The training is paying off, he says, because he just doesn't settle for second-place finishes any more, in swimming or in business.

While there are many advantages to swimming, there is one overriding factor that unites all of the Masters swimmers. "Everybody swims because they feel swimming is the best exercise," says Paul Katz, former swimming coach at Yale. Katz used to compete against Mark Spitz. His sister Jane, a Ph.D. and professor of physical education at Bronx Community College in New York City, agrees. But for her, swimming is more than just exercise.

Jane Katz, plain and simple, probably is the best woman swimmer in the United States over the age of 35, and she intends to keep that crown. Last summer at the National AAU Long Course championship in Providence, Rhode Island, against swimmers from more than 100 teams, Katz took five firsts and one second, all in record times. Katz — who also runs, lifts weights, plays squash, and dances many nights away — is firmly convinced that Masters swimming is the perfect activity for everyone, regardless of ability. She won't get any argument on that score from Dawn Musselman. At a recent meet Musselman came prepared to duel with her opponents. Her T-shirt read: "Old Age and Treachery Will Triumph Over Youth and Skill." And it did. She entered five races and won all five.

2nd ANNUAL MARYLAND STATE MASTERS CHAMPIONSHIPS

by Les Finnegan

Officially it wasn't called the Second Annual Maryland State Masters Championships, but that's the way it was referred to by nearly all the swimmers representing 36 Masters teams from all over the east and midwest that participated. Sponsored by the Maryland Masters Swim Team, the competition was held in the beautiful new natatorium of the University of Maryland-Baltimore County, certainly one of the fastest pools in the east. Meet Director Nick Berenyi kept the events moving smoothly and swiftly, a model of efficiency that resulted from the most careful preparations by an experienced staff.

1 - The unsung but utterly indispensable heroines of this and every Masters swim meet are the ladies who perform multiple tasks at poolside tables. Harassed and heckled by impatient swimmers, the ladies almost always do a miraculous job, under pressure, of keeping track of who-won-what-and-how-fast. Swimmers in every Masters meet owe the table-ladies a large vote of thanks...which they rarely receive.

2 - Nautilus Aquatic Club natators are always prominent in eastern meets and that was conspicuously the case in the Maryland Masters Meet. L-to-r Jim Kalas captured two firsts and a third; Al Bove, a High Point Award winner in this meet, swam off with four firsts, three seconds and a third; Al Allen, D.C. Masters, grabbed off a gaggle of awards; and Les Finnegan chalked up three firsts, four seconds and was a High Point Award winner.

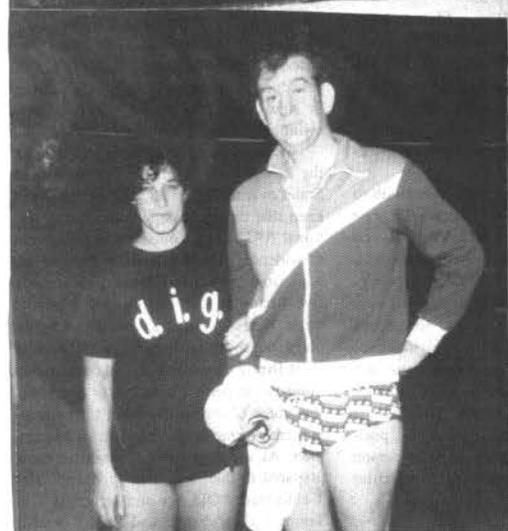
3 - Nick Berenyi, one of the principal organizers and founders of the relatively new Maryland Masters Swim Team, won as many plaudits for his smooth direction of the meet as for his usual superb performances in the water.

4 - Versatility might well be the middle name of both these popular national competitors, who took home their usual large share of top awards. Sue Schaffer, of D.C. Masters, took a first and three seconds. Dale Petranec, also of D.C. Masters, swam off with three firsts and a fistful of seconds and thirds. Dale's house is said to list to one side because of the excessive weight of his trophy room. 5 - When the popular Cal Schaeffer, of the York, PA Y, wasn't churning up the water he was busy touting his upcoming York Dutch Masters Meet, which he expects will have a larger entry list this year than ever before.

MEETS I LEFT OUT OF THE CALENDAR

MAR 31-APR 1 - Univ. of New Mexico
Sam Jones, J.Gym UNM, NM 87131

JUN 2-3 - Dads Club - Jo May,
1405 Pine Chase, Houston, TX 77055



For the Record

SOUTHEASTERN AND MASTERS CHAMPIONSHIPS

October 28 & 29, 1978
Oak Ridge, Tennessee
(25 Yard Pool)

WOMEN 25-34

50 YARD FREESTYLE	
M. Stevens 25	NAC 47.77
B. Lovering 25	OH 28.52
T. Stuedemann 29	GM 30.30
J. Chumney 27	TM 30.65
K. Kloppe 28	NAC 31.31
D. Johnson 26	OH 32.23
L. Milas 25	NAC 32.42
100 YARD FREESTYLE	
M. Stevens 25	59.77
G. Drake 29	OH 1:01.23
B. Lovering 25	OH 1:02.30
T. Stuedemann 29	GM 1:07.82
L. Milas 25	NAC 1:11.21
K. Kloppe 28	NAC 1:12.29
D. Watson 27	TM 1:18.02
200 YARD FREESTYLE	
M. Stevens 25	2:08.62
G. Drake 29	OH 2:13.24
B. Lovering 25	OH 2:21.92
J. Green 27	TM 2:28.19
L. Milas 25	NAC 2:30.89
T. Stuedemann 29	GM 2:31.05
K. Kloppe 28	NAC 2:47.17
500 YARD FREESTYLE	
M. Stevens 25	5:42.68
J. Green 27	TM 6:40.89
L. Milas 25	NAC 6:49.53
T. Stuedemann 29	GM 6:58.21
1000 YARD FREESTYLE	
J. Chumney 27	TM 35.71
J. Krauser 27	GCM 38.77
D. Johnson 26	OH 39.18
L. Milas 25	NAC 40.41
D. Watson 27	TM 43.81
100 YARD BACKSTROKE	
D. Johnson 26	OH 1:27.45
200 YARD BACKSTROKE	
M. Stevens 25	2:34.26
J. Krauser 27	GCM 3:08.62
D. Johnson 26	OH 3:08.85
50 YARD BREASTSTROKE	
G. Drake 29	OH 35.93
D. Johnson 26	OH 41.32
L. Milas 25	NAC 42.19
D. Watson 27	TM 43.29
100 YARD BREASTSTROKE	
G. Drake 29	OH 1:19.01
D. Watson 27	TM 1:32.02
J. Conlin 27	NAC 1:46.15
200 YARD BREASTSTROKE	
G. Drake 29	OH 2:49.23
J. Conlin 27	NAC 3:15.35
50 YARD BUTTERFLY	
G. Drake 29	OH 30.00
M. Stevens 25	31.01
B. Lovering 25	OH 31.43
J. Chumney 27	TM 32.59
K. Kloppe 28	NAC 34.32
T. Stuedemann 29	GM 35.75
J. Krauser 27	GCM 36.67
100 YARD BUTTERFLY	
M. Stevens 25	1:07.26
G. Drake 29	OH 1:07.41
J. Green 27	TM 1:16.13
J. Krauser 27	GCM 1:22.28
200 YARD BUTTERFLY	
M. Stevens 25	2:26.36
J. Krauser 27	GCM 3:05.35
100 YARD INDIVIDUAL MEDLEY	
G. Drake 29	OH 1:09.70
B. Lovering 25	OH 1:12.28
J. Chumney 27	TM 1:19.01
J. Green 27	TM 1:19.42
T. Stuedemann 29	GM 1:21.97
J. Krauser 27	GCM 1:22.95
K. Kloppe 28	NAC 1:25.82
200 YARD INDIVIDUAL MEDLEY	
M. Stevens 25	2:27.24
G. Drake 29	OH 2:29.78
J. Green 27	TM 2:50.73
T. Stuedemann 29	GM 2:55.63
J. Krauser 27	GCM 3:06.02
400 YARD INDIVIDUAL MEDLEY	
M. Stevens 25	5:13.43
G. Drake 29	OH 5:22.49
J. Krauser 27	GCM 6:29.53
WOMEN 30-34	
50 YARD FREESTYLE	
M. Bolstad 32	TM 30.19
J. Mosbrook 34	VM 32.63
B. Hodge 34	NAC 37.06
F. Clements 32	NAC 37.52
K. Cottrell 33	TM 39.06
G. Wilson 34	TM 43.04
100 YARD FREESTYLE	
A. Grams 31	NAC 1:00.09
M. Bolstad 32	TM 1:11.05
J. Mosbrook 34	VM 1:11.41
S. Starr 31	NAC 1:27.14
G. Wilson 34	TM 1:39.95
200 YARD FREESTYLE	
A. Grams 31	NAC 2:10.29
J. Mosbrook 34	VM 2:15.82
M. Bolstad 32	TM 2:52.13
E. Foster 31	NAC 3:44.80
G. Wilson 34	TM 4:08.61
500 YARD FREESTYLE	
A. Grams 31	NAC 5:42.15
J. Mosbrook 34	VM 7:08.88
L. Wilson 34	TM 1:10.23
1000 YARD FREESTYLE	
A. Grams 31	NAC 35.31
M. Bolstad 32	TM 41.50

100 YARD BACKSTROKE	
M. Bolstad 32	TM 1:32.46
J. Mosbrook 34	VM 1:44.47
F. Clements 32	NAC 1:45.96
200 YARD BACKSTROKE	
J. Mosbrook 34	VM 3:27.71
E. Foster 31	NAC 4:03.34
50 YARD BREASTSTROKE	
M. Bolstad 32	TM 42.43
F. Clements 32	NAC 42.96
B. Trabalka 32	TM 43.66
K. Cottrell 33	TM 46.99
100 YARD BREASTSTROKE	
M. Bolstad 32	TM 1:31.41
F. Clements 32	NAC 1:34.52
K. Cottrell 33	TM 1:42.73
J. Mosbrook 34	VM 1:42.78
G. Starr 31	TM 1:59.36
G. Wilson 34	TM 2:03.77
200 YARD BREASTSTROKE	
M. Bolstad 32	TM 3:16.31
K. Cottrell 33	TM 3:43.64
G. Wilson 34	TM 4:27.72
50 YARD BUTTERFLY	
M. Bolstad 32	TM 38.24
B. Trabalka 32	TM 40.74
K. Cottrell 33	TM 50.56
100 YARD BUTTERFLY	
A. Grams 31	NAC 1:06.93
200 YARD BUTTERFLY	
A. Grams 31	NAC 2:29.83
100 YARD INDIVIDUAL MEDLEY	
A. Grams 31	NAC 1:11.38
M. Bolstad 32	TM 1:24.92
B. Trabalka 32	TM 1:25.05
J. Mosbrook 34	VM 1:29.14
K. Cottrell 33	TM 1:42.07
G. Wilson 34	TM 1:57.04
200 YARD INDIVIDUAL MEDLEY	
A. Grams 31	NAC 2:32.88
J. Mosbrook 34	VM 3:14.73
400 YARD INDIVIDUAL MEDLEY	
A. Grams 31	NAC 5:20.56
WOMEN 35-39	
50 YARD FREESTYLE	
L. Fortenberry 35	TM 38.59
P. Harris 36	NAC 41.73
100 YARD FREESTYLE	
L. Fortenberry 35	TM 1:28.41
P. Harris 36	NAC 1:35.28
200 YARD FREESTYLE	
P. Harris 36	NAC 3:29.24
500 YARD FREESTYLE	
P. Harris 36	NAC 10:15.89
WOMEN 40-44	
50 YARD FREESTYLE	
M. Spencer 42	WSY 30.52
100 YARD FREESTYLE	
M. Spencer 42	WSY 1:09.86
200 YARD FREESTYLE	
M. Spencer 42	WSY 2:39.38
50 YARD BACKSTROKE	
M. Spencer 42	WSY 39.80
100 YARD BACKSTROKE	
M. Spencer 42	WSY 1:20.05
WOMEN 45-49	
50 YARD FREESTYLE	
R. Motter 46	TM 31.12
B. Smith 47	OH 34.86
L. Roberts 49	OH 35.02
W. Williams 46	TM 38.51
J. Wells 48	TM 43.84
100 YARD FREESTYLE	
R. Motter 46	TM 1:13.57
B. Smith 47	OH 1:25.91
W. Williams 46	TM 1:30.21
J. Wells 48	TM 1:41.66
200 YARD FREESTYLE	
L. Roberts 49	OH 3:07.91
B. Smith 47	OH 3:10.86
W. Williams 46	TM 3:28.69
500 YARD FREESTYLE	
R. Motter 46	TM 7:15.19
B. Smith 47	OH 8:57.19
W. Williams 46	TM 9:16.34
100 YARD BACKSTROKE	
R. Motter 46	TM 39.21
L. Roberts 49	OH 39.56
W. Williams 46	TM 54.86
200 YARD BACKSTROKE	
R. Motter 46	TM 1:26.40
L. Roberts 49	OH 1:27.87
W. Williams 46	TM 1:57.97
50 YARD BREASTSTROKE	
L. Roberts 49	OH 3:12.42
100 YARD BREASTSTROKE	
L. Roberts 49	OH 42.00
W. Williams 46	TM 49.37
200 YARD BREASTSTROKE	
L. Roberts 49	OH 1:32.02
L. Roberts 49	OH 3:23.78
W. Williams 46	TM 4:14.24
50 YARD BUTTERFLY	
B. Smith 47	OH 39.67
L. Roberts 49	OH 43.70
J. Wells 48	TM 1:02.63
100 YARD BUTTERFLY	
L. Roberts 49	OH 1:25.90
R. Motter 46	TM 1:27.82
B. Smith 47	OH 1:32.83
W. Williams 46	TM 1:52.84
J. Wells 48	TM 2:00.52
200 YARD BUTTERFLY	
W. Williams 46	TM 4:14.88
WOMEN 50-54	
50 YARD FREESTYLE	
B. Smith 47	TM 39.91
E. Schappel 52	TM 41.05
D. Ferguson 50	OH 41.24
F. Fridrichsen 50	NAC 44.76
100 YARD FREESTYLE	
J. Krauser 52	GCM 1:16.90
P. McKillop 51	OH 1:19.82
200 YARD FREESTYLE	
J. Krauser 52	GCM 2:44.07
E. Schappel 52	TM 3:14.67

500 YARD FREESTYLE	
J. Krauser 52	GCM 7:10.82
E. Schappel 52	TM 8:49.20
D. Ferguson 50	OH 10:34.12
1000 YARD FREESTYLE	
J. Krauser 52	GCM 14:46.28
B. Smith 54	TM 14.28
D. Ferguson 50	OH 49.55
P. McKillop 51	OH 50.67
100 YARD BACKSTROKE	
B. Smith 54	TM 1:46.85
D. Ferguson 50	OH 1:48.60
200 YARD BACKSTROKE	
D. Ferguson 50	OH 4:05.75
50 YARD BREASTSTROKE	
E. Fridrichsen 50	NAC 46.86
E. Schappel 52	TM 47.23
P. McKillop 51	OH 47.35
D. Ferguson 50	OH 52.32
100 YARD BREASTSTROKE	
P. McKillop 51	OH 1:42.12
E. Schappel 52	TM 1:48.26
B. Fridrichsen 50	NAC 1:52.84
D. Ferguson 50	OH 2:01.41
200 YARD BREASTSTROKE	
J. Krauser 52	GCM 3:28.66
P. McKillop 51	OH 3:45.99
50 YARD BUTTERFLY	
J. Krauser 52	GCM 37.68
P. McKillop 51	OH 52.64
100 YARD BUTTERFLY	
J. Krauser 52	GCM 1:24.83
200 YARD BUTTERFLY	
J. Krauser 52	GCM 3:03.22
100 YARD INDIVIDUAL MEDLEY	
J. Krauser 52	GCM 1:26.60
E. Schappel 52	TM 1:39.38
P. McKillop 51	OH 1:41.09
D. Ferguson 50	OH 1:51.14
200 YARD INDIVIDUAL MEDLEY	
J. Krauser 52	GCM 3:07.65
P. McKillop 51	OH 3:49.94
400 YARD INDIVIDUAL MEDLEY	
J. Krauser 52	GCM 6:27.74
P. McKillop 51	OH 7:58.18
S. Fussell 53	TM 8:30.88
WOMEN 55-59	
50 YARD FREESTYLE	
D. Renegate 57	FY 31.46
J. Abbott 59	GCM 39.31
M. Schafer 55	OH 39.78
M. Watson 57	NAC 43.52
L. Ricker 57	NAC 50.10
P. Greenham 57	SOM 51.94
100 YARD FREESTYLE	
D. Renegate 57	FY 1:09.26
J. Abbott 59	GCM 1:32.69
M. Watson 57	NAC 1:39.69
R. Reeve 55	TM 1:43.10
P. Greenham 57	SOM 2:01.59
L. Ricker 57	NAC 2:02.02
200 YARD FREESTYLE	
D. Renegate 57	FY 2:41.05
J. Abbott 59	GCM 3:36.75
M. Watson 57	NAC 3:38.41
L. Ricker 57	NAC 4:07.63
500 YARD FREESTYLE	
D. Renegate 57	FY 7:25.58
J. Abbott 59	GCM 10:02.17
1000 YARD FREESTYLE	
D. Renegate 57	FY 14:25.58
50 YARD BACKSTROKE	
J. Abbott 59	GCM 42.75
J. Abbott 59	GCM 48.26
M. Schafer 55	OH 49.71
M. Schafer 55	NAC 49.96
P. Greenham 57	SOM 1:01.76
100 YARD BACKSTROKE	
M. Schafer 55	OH 1:49.44
J. Abbott 59	GCM 1:49.38
M. Watson 57	NAC 1:50.20
R. Reeve 55	TM 2:11.24
P. Greenham 57	SOM 2:15.55
200 YARD BACKSTROKE	
M. Schafer 55	OH 3:47.77
J. Abbott 59	GCM 4:05.03
M. Watson 57	NAC 4:06.60
50 YARD BREASTSTROKE	
L. Ricker 57	NAC 1:00.61
J. Abbott 59	GCM 1:02.65
E. Brainin 55	SFR 1:18.22
100 YARD BREASTSTROKE	
L. Kyte 56	TM 1:49.32
L. Ricker 57	NAC 2:12.67
J. Abbott 59	GCM 2:27.61
E. Brainin 55	SFR 3:03.14
200 YARD BREASTSTROKE	
L. Kyte 56	TM 3:52.67
50 YARD BUTTERFLY	
D. Renegate 57	FY 40.47
M. Schafer 55	OH 48.36
L. Kyte 56	TM 54.13
100 YARD BUTTERFLY	
M. Schafer 55	OH 2:05.41
L. Kyte 56	TM 2:05.55
200 YARD BUTTERFLY	
L. Kyte 56	TM 4:33.82
M. Schafer 55	OH 4:41.88
100 YARD INDIVIDUAL MEDLEY	
D. Renegate 57	FY 1:23.30
M. Schafer 55	OH 1:44.16
L. Kyte 56	TM 1:47.94
R. Reeve 55	TM 2:09.57
200 YARD INDIVIDUAL MEDLEY	
D. Renegate 57	FY 3:08.27
M. Schafer 55	OH 3:48.71
L. Kyte 56	TM 3:51.63
400 YARD INDIVIDUAL MEDLEY	
D. Renegate 57	FY 6:43.56
L. Kyte 56	TM 8:08.97
M. Schafer 55	OH 8:21.36
WOMEN 60-64	
50 YARD FREESTYLE	
J. Meservy 64	TM 47.48

100 YARD BACKSTROKE	
J. Meservy 64	TM 1:12.20
200 YARD BACKSTROKE	
R. Wunderlich 60	OH 53.50
50 YARD BREASTSTROKE	
J. Meservy 64	TM 1:58.53
R. Wunderlich 60	OH 2:00.56
100 YARD BREASTSTROKE	
J. Meservy 64	TM 4:05.61
R. Wunderlich 60	OH 4:07.44
200 YARD BREASTSTROKE	
J. Meservy 64	TM 52.52
R. Wunderlich 60	OH 55.74
500 YARD BREASTSTROKE	
J. Meservy 64	TM 1:59.86
R. Wunderlich 60	OH 2:09.72
1000 YARD BREASTSTROKE	
J. Meservy 64	TM 4:10.19
50 YARD BUTTERFLY	
R. Wunderlich 60	OH 53.73
100 YARD BUTTERFLY	
R. Wunderlich 60	OH 2:08.13
200 YARD BUTTERFLY	
R. Wunderlich 60	OH 4:06.61
500 YARD BUTTERFLY	
R. Wunderlich 60	OH 8:51.24
WOMEN 65-69	
50 YARD FREESTYLE	
E. Pransler 65	NAC 55.20
100 YARD FREESTYLE	
E. Pransler 65	NAC 1:55.92
200 YARD FREESTYLE	
E. Pransler 65	NAC 4:26.33
500 YARD FREESTYLE	
E. Pransler 65	NAC 10:18.63
B. Frasier 65	NAC 11:27.81
100 YARD BACKSTROKE	
E. Pransler 65	NAC 2:05.19
200 YARD BACKSTROKE	
E. Pransler 65	NAC 4:34.49
WOMEN 70-74	
50 YARD FREESTYLE	
M. Hancock 74	NAC 2:12.88
WOMEN 75-79	
50 YARD FREESTYLE	
B. Kloppe 26	NAC 24.07
G. Cowan 29	GCM 24.43
H. Boyle 25	WSY 24.87
T. Smith 29	NAC 30.09
100 YARD FREESTYLE	
B. Kloppe 26	NAC

200 YD. FREESTYLE

Judy Morreels 3:14.62

500 YD. FREESTYLE

Judy Morreels 9:08.45

50 YD. BACKSTROKE

Maggie Land 39.37

100 YD. BACKSTROKE

Maggie Land 1:25.88

200 YD. BACKSTROKE

Maggie Land 3:10.11

200 YD. BREASTSTROKE

Maggie Land 4:32.02

Judy Morreels 4:46.54

100 YD. BREASTSTROKE

Maggie Land 1:27.12

Judy Morreels 1:39.41

200 YD. BREASTSTROKE

Maggie Land 3:11.90

Judy Morreels 3:41.49

100 YD. I.M.

Maggie Land 1:24.66

WOMEN 45-49

50 YD. FREESTYLE

E. Richardson 39.25

500 YD. FREESTYLE

E. Richardson 9:19.96

50 YD. BACKSTROKE

Maria Yungel 42.05

Rita Diehl 1:05.14

100 YD. BACKSTROKE

Maria Yungel 1:31.48

200 YD. BACKSTROKE

Maria Yungel 3:18.76

50 YD. BREASTSTROKE

Maria Yungel 48.14

200 YD. BREASTSTROKE

E. Richardson 4:26.8

100 YD. I.M.

Maria Yungel 1:36.25

E. Richardson 1:44.65

WOMEN 50-54

50 YD. FREESTYLE

Sarah Allmatt 41.88

100 YD. FREESTYLE

Jean Tray 1:15.14

Carolyn Derr 1:20.61

200 YD. FREESTYLE

Jean Tray 2:53.69

Carolyn Derr 2:58.65

50 YD. BACKSTROKE

Sarah Allmatt 45.17

100 YD. BACKSTROKE

Carolyn Derr 1:51.50

200 YD. BACKSTROKE

Tink Bolster 3:14.05

50 YD. BREASTSTROKE

Jean Tray 46.87

Sarah Allmatt 47.94

100 YD. BREASTSTROKE

Sarah Allmatt 1:48.48

100 YD. I.M.

Sarah Allmatt 1:42.8

WOMEN 55-59

Jeanne Merryman 33.07

Jeanne Haupt 39.02

100 YD. FREESTYLE

J. Merryman 1:18.22

J. Haupt 1:31.85

50 YD. BACKSTROKE

J. Merryman 41.28

Jeanne Haupt 53.050

100 YD. BACKSTROKE

Jeanne Merryman 1:28.68

50 YD. BUTTERFLY

Jeanne Merryman 42.86

100 YD. I. M.

Jeanne Merryman 1:31.23

WOMEN 76-80

100 YD. FREESTYLE

A. Bauscher 3:10.55

50 YD. BACKSTROKE

A. Bauscher 1:13.71

100 YD. BACKSTROKE

A. Bauscher 2:35.57

50 YD. BREASTSTROKE

A. Bauscher 1:57.29

MEN 25-29

50 YD. FREESTYLE

Bob DeYoung 23.62

Jay Venable 23.87

Russell Dawson 23.98

Don Anderson 24.92

100 YD. FREESTYLE

James Packer 53.05

Don Anderson 55.91

Geoff Kurtz 57.24

Bill Durrell 1:01.18

Stan Bullock 1:23.63

200 YD. FREESTYLE

James Parker 1:57.65

Geoff Kurtz 2:10.42

Stan Bullock 3:07.98

500 YD. FREESTYLE

Rick Fardeew 5:33.89

Bob DeYoung 5:54.25

50 YD. BACKSTROKE

Rick Fardeew 29.10

100 YD. BACKSTROKE

Rick Fardeew 1:03.08

James Parker 1:11.40

200 YD. BACKSTROKE

Rick Fardeew 2:25.65

Geoff Kurtz 2:41.41

50 YD. BREASTSTROKE

Tom Schaeberle 30.23

J. Nawozanski 30.92

Jack Weaver 31.42

Bill Durrell 35.29

100 YD. BREASTSTROKE

Tom Schaeberle 1:05.59

Don Anderson 1:06.33

J. Nawozanski 1:07.99

Jack Weaver 1:09.30

Bill Durrell 1:21.10

200 YD. BREASTSTROKE

Don Anderson 2:27.28

Jack Weaver 2:35.87

50 YD. BUTTERFLY

Russell Dawson 26.03

Jay Venable 25.73

100 YD. BUTTERFLY

Russell Dawson 57.59

100 YD. I. M.

Rick Fardeew 1:50.4

Don Anderson 1:02.06

Jay Venable 1:02.73

Jack Weaver 1:02.77

Bob De Young 1:04.29

200 YD. I.M.

Rick Fardeew 2:12.56

Don Anderson 2:17.90

James Parker 2:19.16

Russell Dawson 2:22.28

J. Nawozanski 2:40.41

MEN 30-34

50 YD. FREESTYLE

Mark Banks 27.52

John Gets 28.26

100 YD. FREESTYLE

Tom Anderson 1:01.14

200 YD. FREESTYLE

David Fields 2:16.06

500 YD. FREESTYLE

John Flanagan 5:32.95

David Fields 6:14.26

50 YD. BREASTSTROKE

Tom Anderson 31.32

Mark Banks 34.11

John Gets 34.89

100 YD. BREASTSTROKE

Tom Anderson 1:09.34

Mark Banks 1:15.01

John Gets 1:19.19

50 YD. BUTTERFLY

John Flanagan 26.56

Bill Prince 26.82

David Fields 28.90

Mark Banks 32.21

John Gets 35.61

100 YD. BUTTERFLY

David Fields 1:06.66

MEN 35-39

50 YD. FREESTYLE

Richard Hauff 25.98

Walter Meares 26.78

Joe Schmitt 28.01

George Mooney 29.60

Deans Crystle 31.53

Phil Avillo 32.30

Louis Harris 36.62

100 YD. FREESTYLE

George Mooney 1:06.74

Paul Lovett 1:07.88

Deans Crystle 1:11.99

Phil Avillo 1:13.60

200 YD. FREESTYLE

Richard Hauff 2:11.41

Walter Meares 2:16.82

Dick Daddario 2:25.68

Paul Lovett 2:32.46

George Mooney 2:37.19

Phil Avillo 2:52.02

500 YD. FREESTYLE

Dave Hershey 5:34.17

Joe Schmitt 6:55.08

Deans Crystle 7:42.38

Phil Avillo 8:18.85

Louis Harris 9:33.71

50 YD. BACKSTROKE

Dick Daddario 34.70

200 YD. BACKSTROKE

Dave Hershey 2:10.83

50 YD. BREASTSTROKE

Robert Neeves 30.60

Walter Meares 34.19

Paul Lovett 40.36

100 YD. BREASTSTROKE

Robert Neeves 1:07.07

200 YD. BREASTSTROKE

Robert Neeves 2:29.51

50 YD. BUTTERFLY

Richard Hauff 27.44

Walter Meares 28.71

Joe Schmitt 34.26

100 YD. BUTTERFLY

Richard Hauff 1:04.54

Walter Meares 1:06.02

100 YD. I.M.

Robert Neeves 1:03.58

200 YD. I.M.

Richard Hauff 2:24.46

Robert Neeves 2:25.03

Dick Daddario 2:46.19

MEN 40-44

50 YD. FREESTYLE

Chuck Bechtel 24.67

Carl Christensen 26.08

Bob Thompson 31.51

100 YD. FREESTYLE

Chuck Bechtel 53.83

C. Christensen 57.54

Ben Leise 1:02.31

200 YD. FREESTYLE

Chuck Bechtel 2:04.00

C. Christensen 2:12.86

Ben Leise 2:25.97

500 YD. FREESTYLE

C. Christensen 6:01.13

Chuck Bechtel 6:01.80

50 YD. BACKSTROKE

Bob Goodwin 30.36

Chuck Bechtel 31.07

Ben Leise 37.68

100 YD. BACKSTROKE

Bob Goodwin 1:14.42

50 YD. BREASTSTROKE

Bob Goodwin 35.80

100 YD. BREASTSTROKE

Bob Goodwin 1:35.61

50 YD. BUTTERFLY

Chuck Bechtel 27.93

C. Christensen 31.54

100 YD. I.M.

Chuck Bechtel 1:04.76

200 YD. I.M.

Bob Goodwin 2:03.12

MEN - 45-49

50 YD. FREESTYLE

Hal Begel 25.47

Bill Cox 28.26

Don Graham 29.70

Nick Berenyi 30.43

Tazewell Banks 35.15

Dave Carroll 35.23

100 YD. FREESTYLE

Hal Begel 58.03

Nick Berenyi 1:05.39

Art Mayer 1:06.12

Elmer Smith 1:06.33

Don Graham 1:07.68

Justin Diehl 1:09.78

200 YD. FREESTYLE

Nick Berenyi 2:26.16

Don Graham 2:35.07

Justin Diehl 2:48.81

Tazewell Banks 3:18.77

500 YD. FREESTYLE

Nick Berenyi 7:00.17

100 Yd. IM		50 Yd. Breaststroke		FIFTH ANNUAL PENTATHLON		50 YARD BREASTSTROKE		MARK W. ADAMS '29	
Don Anderson 27	1:01.22	Nick Berenyl 46	1:35.27	RIO HONDO, CALIF. 4 NOV. 1978	JACQUELINE D. SMITH 47	40.50	ERIC GOETTSCHE 25	27.64	
Arthur Young 27	1:11.74	Charles Moyer 48	1:37.05	WOMEN 15-19	HELGALINNE PALMER 49	41.88	DAVID UNBAR 28*	28.73	
200 Yd. IM		Tazewell Banks 46	1:43.79	50 YARD FREESTYLE	JANET WOLVER 49	46.25	ROBERT WALSH 27	28.85	
Jim Parker 28	2:14.9	100 Yd. Breaststroke	1:53.00	BARBARA DUNBAR 29*	50 YARD BUTTERFLY		DONALD E. DUNBAR 29*	28.80	
Mike Anay	2:25.69	David Carroll 48	1:22.91	LYNN SKRIFVARS 27*	JACQUELINE D. SMITH 47	36.44	J. GILBERT VELA 27	43.35	
MEN 30-34		200 Yd. Breaststroke		JUDY REUTER 25	50 YARD LINNEA PALMER 49	40.30	100 YARD INDIVIDUAL MEDLEY		
50 Yd. Freestyle		Nick Berenyl 46	2:54.98	CHRISTINE SCHROEDER 29*	JANET WOLVER 49	44.54	"THOMAS W. BARNETT" 25	1:09.79	
Tom Anderson 31	1:25.85	David Carroll 48	3:14.21	MARY NORAH HARDESTY 28	100 YARD INDIVIDUAL MEDLEY		MICHAEL GILMORE 25	1:00.89	
David Waite 33	1:26.70	50 Yd. Butterfly		ROBIN WHAM 25	JACQUELINE D. SMITH 47	47.31.78	CHRIS A. SOUGHERS 27	1:04.08	
Taylor Withrow 33	1:27.11	Ed Enes 49	1:26.88	50 YARD BACKSTROKE	HELGALINNE PALMER 49	47.28.45	ROBERT WALSH 27	1:06.8*	
100 Yd. Freestyle		Charles Moyer 48	1:45.40	LYNN SKRIFVARS 27*	JANET WOLVER 49	43.27.73	MARK W. ADAMS 29	1:06.95	
David Johnson	1:53.44	100 Yd. Butterfly		JUDY REUTER 25	WOMEN 15-19		JOHN QUIN'ANA 25	1:08.60	
Richard Seifurt 32	1:56.95	Ed Enes 49	1:09.97	BARBARA DUNBAR 29*	ANNE ADAMS 50	32.48	ERIC GOETTSCHE 25	1:09.46	
Ron Morgan 33	1:57.70	Jim Kalas 45	1:19.43	MARY NORAH HARDESTY 28	50 YARD BACKSTROKE		DAVID DUNBAR 28*	1:11.37	
Taylor Withrow 33	1:59.85	200 Yd. IM		CHRISTINE SCHROEDER 29*	ANNE ADAMS 50	39.19	J. GILBERT VELA 27	1:20.9*	
50 Yd. Backstroke		Charles Moyer 48	1:50.06	ROBIN WHAM 25	50 YARD BREASTSTROKE		MEN 15-19		
Ron Morgan 33	1:31.04	200 Yd. IM		BARBARA DUNBAR 29*	ANNE ADAMS 50	47.05	50 YARD FREESTYLE		
100 Yd. Backstroke		Jim Kalas 45	2:48.80	JUDY REUTER 25	100 YARD INDIVIDUAL MEDLEY		WAL OGDEN 34	24.40	
Ron Morgan 31	1:07.65	Nick Berenyl 46	2:50.8	ROBIN WHAM 25	ANNE ADAMS 50	47.31.76	DAVE FRANK 34	24.48	
200 Yd. Backstroke		Charles Moyer 48	3:47.94	LYNN SKRIFVARS 27*	WOMEN 15-19		JON BALES 34	24.78	
Steven Highley 32	2:23.40	50 Yd. Freestyle		MARY NORAH HARDESTY 28	BETTE F. CROWELL 58	35.47	HAROLD JOHNSON 30	26.15	
Ron Morgan 33	2:29.12	Norm Goldblom 52	1:28.23	CHRISTINE SCHROEDER 29*	SHIRLEY ERICKSON 55	35.54	DAVID DARLOW 34	26.50	
50 Yd. Breaststroke		John Magnotti 54	1:42.19	50 YARD BUTTERFLY	SHIRLEY ERICKSON 55	40.16	RICHARD G. OLSON 33	26.63	
Tom Anderson 31	1:30.43	100 Yd. Freestyle		BARBARA DUNBAR 29*	BETTE F. CROWELL 58	43.78	ALAN HARTLEY 31	27.75	
Ron Greger 34	1:33.18	John Allava 50	1:01.60	JUDY REUTER 25	SHIRLEY ERICKSON 55	47.10	MIKE CORNING 33	28.19	
100 Yd. Breaststroke		200 Yd. Freestyle		LYNN SKRIFVARS 27*	BETTE F. CROWELL 58	46.77	MIKE GREENBERG 32	31.76	
Tom Anderson 31	1:08.05	John Allava 50	2:13.69	CHRISTINE SCHROEDER 29*	SHIRLEY ERICKSON 55	40.45	DAVE FRANK 34	29.60	
200 Yd. Breaststroke		200 Yd. Backstroke		MARY NORAH HARDESTY 28	BETTE F. CROWELL 58	45.39	DAVID DARLOW 34	37.66	
Ron Greger 34	2:48.72	Mark Coughlin 50	2:55.98	ROBIN WHAM 25	100 YARD INDIVIDUAL MEDLEY		MIKE CORNING 33	34.99	
50 Yd. Butterfly		200 Yd. IM		BARBARA DUNBAR 29*	BARBARA DUNBAR 29*	1:07.50	ALAN HARTLEY 31	35.89	
John Planagan	1:26.32	John Allava 50	1:21.18	JUDY REUTER 25	WOMEN 15-19		RICHARD G. OLSON 33	36.84	
Taylor Withrow 33	1:29.54	200 Yd. Backstroke		LYNN SKRIFVARS 27*	50 YARD FREESTYLE		JOHN BALES 34	37.33	
David Waite 33	1:32.87	Mark Coughlin 50	1:39.01	CHRISTINE SCHROEDER 29*	RITA SIMON'TON 60	39.93	MIKE GREENBERG 32	39.83	
100 Yd. Butterfly		John Magnotti 54	1:48.97	ROBIN WHAM 25	VIOLA THOMPSON 60	47.34	DAVE FRANK 34	31.33	
John Planagan	1:57.85	100 Yd. Breaststroke		MARY NORAH HARDESTY 28	MARGARET GEORGE 61	47.36	DAVID DARLOW 34	31.88	
100 Yd. IM		Norm Goldblom 52	1:21.18	WOMEN 15-19	VIOLA THOMPSON 60	48.84	HAROLD JOHNSON 30	32.84	
David Johnson	1:00.38	John Allava 50	1:39.01	50 YARD FREESTYLE	MARGARET GEORGE 61	48.95	DAVID DARLOW 34	33.49	
Tom Anderson 31	1:05.39	200 Yd. Breaststroke		LYNY JOHNSON 31	MARGARET GEORGE 61	48.73	RICHARD G. OLSON 33	34.75	
David Waite 33	1:18.01	John Allava 50	3:02.75	MIMI FRANK 31	VIOLA THOMPSON 60	48.73	MIKE GREENBERG 32	36.93	
200 Yd. IM		200 Yd. Butterfly		BARBARA WRIGHT 34	50 YARD BACKSTROKE		MIKE CORNING 33	41.53	
John Planagan	2:16.39	John Allava 50	3:12.21	KATHERINE WATSON 30*	VIOLA THOMPSON 60	48.95	50 YARD BUTTERFLY		
David Johnson	2:16.83	100 Yd. IM	1:20.99	LOIS A. GOODMAN 31	VIOLA THOMPSON 60	48.95	DAVE FRANK 34	26.70	
Richard Seifurt 32	2:42.67	Mark Coughlin 50	1:20.99	MIMI FRANK 31	50 YARD BREASTSTROKE		WAL OGDEN 34	27.02	
MEN 35-39		MEN 55-59		LYNY JOHNSON 31	VIOLA THOMPSON 60	48.40	DAVID DARLOW 34	27.80	
50 Yd. Freestyle		50 Yd. Freestyle		BARBARA WRIGHT 34	MARGARET GEORGE 61	51.87	RICHARD G. OLSON 33	29.44	
Floyd DeAndrade 39	1:28.44	John Woods 55	1:26.93	KATHERINE WATSON 30*	VIOLA THOMPSON 60	48.40	ALAN HARTLEY 31	29.98	
200 Yd. Freestyle		Scroggie Wiley 58	1:28.11	LOIS A. GOODMAN 31	MARGARET GEORGE 61	49.95	MIKE CORNING 33	30.40	
Floyd DeAndrade 39	2:23.37	William Woodward 56	1:29.61	50 YARD BACKSTROKE	VIOLA THOMPSON 60	48.40	MIKE GREENBERG 32	41.00	
50 Yd. Backstroke		Harry Dodge 56	1:30.52	MIMI FRANK 31	RITA SIMON'TON 60	51.69	100 YARD INDIVIDUAL MEDLEY		
David Diehl 37	1:33.91	100 Yd. Freestyle		LYNY JOHNSON 31	MARGARET GEORGE 61	51.87	DAVE FRANK 34	1:00.76	
Floyd DeAndrade 39	1:35.94	John Woods 55	1:00.29	BARBARA WRIGHT 34	VIOLA THOMPSON 60	49.95	HAROLD JOHNSON 30	1:01.85	
100 Yd. Backstroke		William Woodward 56	1:06.91	LOIS A. GOODMAN 31	MARGARET GEORGE 61	49.95	DAVID DARLOW 34	1:06.68	
David Diehl 37	1:19.08	200 Yd. Freestyle	1:14.17	REDA GETTY 32	MARGARET GEORGE 61	57.09	JON BALES 34	1:08.48	
Floyd DeAndrade 39	2:49.65	Harry Dodge 56	1:14.17	KAREN WYLIE 31	100 YARD INDIVIDUAL MEDLEY		ALAN HARTLEY 31	1:09.70	
David Diehl 37	3:09.94	John Woods 55	2:45.63	50 YARD BREASTSTROKE	VIOLA THOMPSON 60	48.40	RICHARD G. OLSON 33	1:11.32	
50 Yd. Breaststroke		William Woodward 56	2:45.63	MIMI FRANK 31	RITA SIMON'TON 60	48.40	MIKE CORNING 33	1:19.79	
Robert Neves 38	1:30.35	100 Yd. Backstroke		LYNY JOHNSON 31	MARGARET GEORGE 61	48.64	MIKE GREENBERG 32	1:23.28	
Michael Huke 35	1:34.68	John Woods 55	1:18.53	BARBARA WRIGHT 34	WOMEN 65-69		50 YARD FREESTYLE		
100 Yd. Breaststroke		200 Yd. Backstroke		KATHERINE WATSON 30*	MAXINE MERLINO 66	38.46	ROBERT S. SMITH 35	23.47	
Robert Neves 38	1:06.84	John Woods 55	2:49.88	LOIS A. GOODMAN 31	GRACE W DEAL 65	47.65	GEORGE WRIGHT 36	25.89	
Michael Huke 35	1:17.79	Harry Dodge 56	3:17.02	50 YARD BUTTERFLY	ELIZABETH C. BURNS 68	1:01.59	CUR MOSSO 36	26.16	
200 Yd. Breaststroke		Scroggie Wiley 58	1:44.57	LYNY JOHNSON 31	50 YARD BACKSTROKE		RUSSELL JACKSON 37	26.35	
Robert Neves 38	2:28.54	100 Yd. IM	1:24.65	MIMI FRANK 31	MAXINE MERLINO 66	45.47	JIM FERRELL 36	29.26	
Michael Huke 35	2:51.56	Scroggie Wiley 58	1:24.65	LYNY JOHNSON 31	GRACE W DEAL 65	52.69	ROBER BERGS'ROM 37	29.84	
100 Yd. IM		MEN 60-64		BARBARA WRIGHT 34	ELIZABETH C. BURNS 68	1:08.05	50 YARD BACKSTROKE		
Robert Neves 38	1:04.31	50 Yd. Freestyle		KATHERINE WATSON 30*	50 YARD BREASTSTROKE		ROBERT S. SMITH 35	26.44	
Michael Huke 35	1:16.20	Harry Rawtrow 61	1:27.98	LOIS A. GOODMAN 31	GRACE W DEAL 65	1:00.73	JIM FERRELL 36	31.85	
MEN 40-44		Stan Lanki 62	1:34.68	50 YARD INDIVIDUAL MEDLEY	MARGARET GEORGE 61	1:46.64	ROBER BERGS'ROM 37	33.45	
50 Yd. Freestyle		100 Yd. Freestyle		MIMI FRANK 31	VIOLA THOMPSON 60	57.09	CUR MOSSO 36	33.45	
Charles Bechtel 40	1:24.20	Harry Rawtrow 61	1:03.48	LYNY JOHNSON 31	MAXINE MERLINO 66	46.56	JIM FERRELL 36	36.24	
100 Yd. Freestyle		200 Yd. Freestyle		REDA GETTY 32	GRACE W DEAL 65	58.29	ROBERT S. SMITH 35	31.85	
Charles Bechtel 40	1:54.44	Harry Rawtrow 61	2:25.33	BARBARA WRIGHT 34	100 YARD INDIVIDUAL MEDLEY		GEORGE WRIGHT 36	31.85	
Dale Petranec 43	1:07.47	John Higgins 62	2:25.33	KATHERINE WATSON 30*	MAXINE MERLINO 66	39.49	CUR MOSSO 36	33.45	
100 Yd. Backstroke		Les Pinnege 64	3:46.05	LOIS A. GOODMAN 31	GRACE W DEAL 65	1:56.36	JIM FERRELL 36	36.24	
Charles Bechtel 40	2:02.46	200 Yd. Backstroke		WOMEN 75-79	50 YARD FREESTYLE		ROBER BERGS'ROM 37	36.73	
Dale Petranec 43	2:21.8	John Higgins 62	1:47.93	50 YARD FREESTYLE	KATHERINE L. PEL'ON 73	51.31	JOHN B. MILLARD 35	33.39	
Bob Benson 43	2:34.73	Les Pinnege 64	2:19.09	JANET E ROYER 37	50 YARD BACKSTROKE		ROBERT S. SMITH 35	32.37	
50 Yd. Backstroke		100 Yd. Backstroke		SALLIE HEMBERGER 36	KATHERINE L. PEL'ON 73	1:01.63	JIM FERRELL 36	33.60	
Bob Goodwin 42	1:30.09	John Higgins 62	3:50.56	HELEN GEOFFRION 39	KATHERINE L. PEL'ON 73	1:06.24	GEORGE WRIGHT 36	35.25	
Bob Benson 43	1:35.25	200 Yd. Backstroke		50 YARD BACKSTROKE	50 YARD BUTTERFLY		RUSSELL JACKSON 37	36.47	
100 Yd. Backstroke		John Higgins 62	1:36.97	SALLIE HEMBERGER 36	KATHERINE L. PEL'ON 73	1:12.92	CUR MOSSO 36	36.73	
Bob Goodwin 42	2:47.20	Stan Lanki 62	1:48.54	JANET E ROYER 37	100 YARD INDIVIDUAL MEDLEY		ROBER BERGS'ROM 37	41.23	
Bob Benson 43	2:56.80	100 Yd. Breaststroke		HELEN GEOFFRION 39	KATHERINE L. PEL'ON 73	1:24.44	50 YARD BUTTERFLY		
50 Yd. Breaststroke		John Higgins 62	1:23.60	50 YARD BACKSTROKE	MEN 15-19		ROBERT S. SMITH 35	26.36	
Bob Goodwin 42	1:34.91	Harry Rawtrow 61	1:29.27	JANET E ROYER 37	50 YARD FREESTYLE		CUR MOSSO 36	28.34	
100 Yd. Breaststroke		Stan Lanki 62	1:44.21	HELEN GEOFFRION 39	"THOMAS W. BARNETT" 25	23.23	GEORGE WRIGHT 36	29.24	
Tom O'Keefe 42	1:22.46	50 Yd. Freestyle		SALLIE HEMBERGER 36	MICHAEL GILMORE 25	23.69	RUSSELL JACKSON 37	30.84	
200 Yd. Breaststroke		Francis Miller 65	1:37.30	JANET E ROYER 37	CHRIS A. SOUGHERS 27	24.08	ROBER BERGS'ROM 37	41.07	
100 Yd. Backstroke		200 Yd. Freestyle		SALLIE HEMBERGER 36	ERIC GOETTSCHE 25	24.69	100 YARD INDIVIDUAL MEDLEY		
Charles Bechtel 40	1:28.10	Dave McAfee 69	1:15.35	HELEN GEOFFRION 39	DAVID DUNBAR 28*	26.09	ROBERT S. SMITH 35	1:00.34	
100 Yd. IM		Francis Miller 65	1:27.09	JANET E ROYER 37	ROBERT WALSH 27	26.27	GEORGE WRIGHT 36	1:07.03	
Bob Goodwin 42	1:14.39	200 Yd. Backstroke		SALLIE HEMBERGER 36	JOHN QUIN'ANA 25	26.50	RUSSELL JACKSON 37	1:08.47	
Tom O'Keefe 42	1:21.61	Dave McAfee 69	2:56.68	HELEN GEOFFRION 39	MARK W. ADAMS 29	26.67	JOHN B. MILLARD 35	1:09.26	
200 Yd. IM		Francis Miller 65	3:28.46	50 YARD BUTTERFLY	J. GILBERT VELA 27	26.93	CUR MOSSO 36	1:10.13	
Dale Petranec 43	2:44.42	100 Yd. Backstroke		WOMEN 15-19	50 YARD BACKSTROKE		JIM FERRELL 36	1:13.8*	
50 Yd. Freestyle		Dave McAfee 69	1:40.98	JANE LAMO 43*	"THOMAS W. BARNETT" 25	27.73	ROBER BERGS'ROM 37	1:22.56	
Ed Enes 49	1:26.44	50 Yd. Breaststroke		ADRIENNE PIPES 44*	MARK W. ADAMS 29	28.21	MEN 45-49		
Tazewell Banks 46	1:34.67	Al Abraham 67	1:52.95	50 YARD BACKSTROKE	MICHAEL GILMORE 25	29.28	50 YARD FREESTYLE		
Donald Boday 49	1:47.57	Dave McAfee 69	1:56.88	JANE LAMO 43*	CHRIS A. SOUGHERS 27	29.75	FRANK BECKER 40	27.77	
100 Yd. Freestyle		200 Yd. Breaststroke		ADRIENNE PIPES 44*	ROBERT WALSH 27	32.87	DAVID W. LAMO 43*	27.85	
Ed Enes 49	1:58.83	John Higgins 62	1:57.79	50 YARD BREASTSTROKE	DAVID DUNBAR 28*	34.73	DAVID W. NEWQUIS 43	28.53	
Jim Kalas 45	1:01.43	200 Yd. Backstroke</							

ED FARRELL 46 78.77
 ART WELCH 46 78.79
 STEVEN E. SCHOFIELD 46 79.68
 50 YARD BACKSTROKE
 NEAL R PALMER 48 31.83
 CHR MILLER 46 31.88
 ART WELCH 46 31.96
 WILLIAM J. KEN 46 32.41
 ED FARRELL 46 43.78
 STEVEN E. SCHOFIELD 46 43.77
 50 YARD BREASTSTROKE
 CHR MILLER 46 34.93
 NEAL R PALMER 48 36.36
 WILLIAM J. KEN 46 38.37
 STEVEN E. SCHOFIELD 46 38.33
 ED FARRELL 46 41.28
 50 YARD BUTTERFLY
 NEAL R PALMER 48 33.34
 CHR MILLER 46 33.37
 ART WELCH 46 33.39
 WILLIAM J. KEN 46 33.39
 STEVEN E. SCHOFIELD 46 33.33
 ED FARRELL 46 33.36
 100 YARD INDIVIDUAL MEDLEY
 NEAL R PALMER 48 1:18.86
 CHR MILLER 46 1:19.17
 ART WELCH 46 1:19.74
 WILLIAM J. KEN 46 1:19.69
 STEVEN E. SCHOFIELD 46 1:19.74
 ED FARRELL 46 1:22.49

WOMEN 55-59
 50 YARD FREESTYLE
 DYANE L. DRAVES 53 37.20
 JIM MARCUS 53 37.66
 WILLIAM FRENCH SR. 51 37.41
 MARVIN LEVINE 54 37.43
 50 YARD BACKSTROKE
 DYANE L. DRAVES 53 37.69
 JIM MARCUS 53 34.97
 MARVIN LEVINE 54 39.94
 WILLIAM FRENCH SR. 51 42.75
 50 YARD BREASTSTROKE
 JIM MARCUS 53 34.37
 DYANE L. DRAVES 53 36.19
 MARVIN LEVINE 54 41.83
 WILLIAM FRENCH SR. 51 48.98
 50 YARD BUTTERFLY
 DYANE L. DRAVES 53 29.89
 JIM MARCUS 53 31.99
 MARVIN LEVINE 54 39.15
 WILLIAM FRENCH SR. 51 46.13
 100 YARD INDIVIDUAL MEDLEY
 DYANE L. DRAVES 53 1:18.93
 JIM MARCUS 53 1:17.41
 MARVIN LEVINE 54 1:24.67
 WILLIAM FRENCH SR. 51 1:37.79

WOMEN 60-64
 50 YARD FREESTYLE
 BOB HERRICK 48 37.76
 JACK BURGAN 56 37.49
 50 YARD BACKSTROKE
 BOB HERRICK 48 34.47
 JACK BURGAN 56 44.33
 50 YARD BREASTSTROKE
 BOB HERRICK 48 36.64
 JACK BURGAN 56 37.78
 50 YARD BUTTERFLY
 BOB HERRICK 48 33.25
 JACK BURGAN 56 37.35
 100 YARD INDIVIDUAL MEDLEY
 BOB HERRICK 48 1:14.27
 JACK BURGAN 56 1:24.97

WOMEN 65-69
 50 YARD FREESTYLE
 JERRY SIEFER 61 38.13
 DON RANKIN 67 39.43
 WILLIAM A. KRAUSS 67 39.83
 TOM LIND 61 38.13
 50 YARD BACKSTROKE
 JERRY SIEFER 61 37.84
 TOM LIND 61 39.07
 DON RANKIN 67 39.74
 WILLIAM A. KRAUSS 67 43.57
 50 YARD BREASTSTROKE
 TOM LIND 61 36.31
 DON RANKIN 67 38.38
 WILLIAM A. KRAUSS 67 39.75
 JERRY SIEFER 61 40.67
 50 YARD BUTTERFLY
 DON RANKIN 67 36.86
 WILLIAM A. KRAUSS 67 36.96
 TOM LIND 61 37.33
 100 YARD INDIVIDUAL MEDLEY
 DON RANKIN 67 1:18.40
 JERRY SIEFER 61 1:20.48
 TOM LIND 61 1:21.06
 WILLIAM A. KRAUSS 67 1:29.04

WOMEN 70-74
 50 YARD FREESTYLE
 ALFRED GUTH 73 37.77
 CONRAD SKARSEN 73 38.04
 DON NEEFE 73 48.77
 50 YARD BACKSTROKE
 ALFRED GUTH 73 47.61
 DON NEEFE 73 49.13

50 YARD BREASTSTROKE
 ALFRED GUTH 73 46.51
 CONRAD SKARSEN 73 1:07.54
 DON NEEFE 73 1:12.38
 50 YARD BUTTERFLY
 ALFRED GUTH 73 41.99
 DON NEEFE 73 58.87
 100 YARD INDIVIDUAL MEDLEY
 ALFRED GUTH 73 1:37.61
 DON NEEFE 73 2:16.37

RELAYS
MIXED 19-
 200 YARD MEDLEY RELAY
 EL CAMINO J.C. 2:11.27
 (WALSH, WALSH, SCHOFIELD, SMITH)
MIXED 20-
 200 YARD MEDLEY RELAY
 LONG BEACH MASTERS 2:54.76
 (MERLINO, GUTH, HALE, SIMONSON)

PROGRAMMED BY CHRIS MOSSO

RESULTS FROM
 UTICA SHELBY AQUATICS
 MASTER'S SWIMMING MEET
 11/17/78

25-29
 50 Yd Free
 J. Runkel 26 27.535
 200 Yd Free
 J. Runkel 26 2:21.148
 50 Yd Butterfly
 J. Runkel 26 33.358
 100 Yd Ind Med
 J. Runkel 26 1:10.948
30-34
 50 Yd Free
 S. Thoms 30 29.432
 50 Yd Back
 S. Thoms 30 41.442
 100 Yd Back
 J. Okopyn 30 1:23.761
 50 Yd Breast
 J. Okopyn 30 39.413
 S. Thoms 30 41.2
 50 Yd Butterfly
 J. Okopyn 30 33.475
 100 Yd Ind Med
 S. Thoms 30 1:14.5

45-49
 50 Yd Free
 I. Smith 45 44.477
 100 Yd Back
 K. Sutherland 47 1:45.447
 50 Yd Breast
 I. Smith 45 44.798
 K. Sutherland 47 52.586
 100 Yd Ind Med
 I. Smith 45 1:42.965
50-54
 50 Yd Breast
 L. Runkel 57 54.948
60-64
 50 Yd Free "B"
 F. Morse 62 44.0
 R. Brown 64 1:21.573
 50 Yd Free
 T. Gillary 26 23.359
 B. Frederick 26 25.072
 S. Smith 28 26.339
 S. Hinchman 28 27.673
 J. Johnston 27 27.767
 K. Nitz 27 29.065
 50 Yd Free "B"
 A. Gooch 25 30.851
 J. Work 28 34.573
 200 Yd Free
 K. Nitz 27 2:32.024
 50 Yd Back
 K. Nitz 27 43.3
 50 Yd Back "B"
 J. Work 28 38.86
 A. Gooch 25 42.379
 50 Yd Breast
 S. Smith 28 31.347
 S. Hinchman 28 33.498
 B. Frederick 26 35.624
 A. Gooch 25 35.822
 200 Yd Breast
 J. Johnston 27 2:54.689
 A. Gooch 25 2:56.951
 50 Yd Butterfly
 T. Gillary 26 25.612
 C. Dawson 27 32.018
 100 Yd Butterfly
 T. Gillary 26 1:00.229
 J. Johnston 27 1:12.521
 100 Yd Ind Med
 J. Johnston 27 1:12.470
 S. Smith 25 1:12.499
 C. Dawson 27 1:19.281
 K. Nitz 27 1:24.132

30-34
 50 Yd Free
 S. Tod 33 24.973
 M. Wallace 31 25.090
 R. Day 31 26.996
 200 Yd Free
 M. Wallace 31 2:17.527
 A. Rapp 33 2:44.003
 50 Yd Back
 T. Maxson 34 31.411
 A. Rapp 33 36.474
 100 Yd Back
 T. Maxson 34 1:07.957
 M. Wallace 31 1:08.634
 A. Rapp 33 1:23.173
 50 Yd Breast
 D. Henlotter 32 32.931
 T. Maxson 34 36.228
 R. Day 31 36.234

35-39
 50 Yd Free "B"
 B. Sias 39 29.011
 200 Yd Free
 R. Olson 36 2:56.461
 50 Yd Back "B"
 B. Sias 39 39.382
 100 Yd Back
 R. Olson 36 1:48.091
 200 Yd Breast
 R. Olson 36 3:47.290
 100 Yd Ind Med
 R. Olson 36 1:35.430

40-44
 50 Yd Free
 S. Kasley 40 30.657
 200 Yd Free
 S. Kasley 40 2:39.543
 D. Carlson 44 2:53.387
 50 Yd Butterfly
 S. Kasley 40 38.320
 D. Carlson 44 43.874
 100 Yd Butterfly
 D. Carlson 44 1:41.804
 100 Yd Ind Med
 S. Kasley 40 1:26.420
 D. Carlson 44 1:33.901
45-49
 50 Yd Free
 D. Hildum 43 25.804
 W. King 45 26.793
 W. Miranda 45 27.299
 T. Brown 47 32.369
 200 Yd Free
 W. King 45 2:16.955
 B. Campbell 46 2:45.532
 50 Yd Back
 T. Brown 47 36.781
 100 Yd Back
 T. Koenig 47 1:17.470
 T. Brown 47 1:22.366
 50 Yd Breast
 D. Hildum 43 36.344
 T. Brown 47 38.940
 K. Cook 47 39.614
 200 Yd Breast
 T. Koenig 47 2:57.369
 K. Cook 47 3:22.656
 E. Campbell 46 3:27.934
 50 Yd Butterfly
 D. Hildum 43 31.364
 T. Koenig 47 31.906
 100 Yd Ind Med
 D. Hildum 43 1:07.931
 W. Miranda 45 1:14.226
 T. Koenig 47 1:14.370

50-54
 50 Yd Free
 B. Herliker 50 25.366
 C. Boyle 50 33.944
 50 Yd Free "B"
 D. Evans 54 38.376
 200 Yd Free
 B. Herliker 50 2:10.501
 D. Evans 54 3:29.2
 50 Yd Back "B"
 D. Evans 54 53.328
 100 Yd Back
 C. Boyle 50 1:52.868
 50 Yd Breast
 C. Boyle 50 38.825
 J. Glistler 50 40.726
 50 Yd Butterfly
 J. Glistler 50 32.468
 100 Yd Butterfly
 J. Glistler 50 1:25.109
 100 Yd Ind Med
 J. Glistler 50 1:19.975
 C. Boyle 50 1:33.575

200 Yd Breast
 D. Henlotter 32 2:40.962
50 Yd Butterfly
 S. Tod 33 28.290
 R. Day 31 28.868
100 Yd Butterfly
 R. Day 31 1:11.626
100 Yd Ind Med
 M. Wallace 31 1:05.309
 D. Henlotter 32 1:10.149
 T. Maxson 34 1:10.948

35-39
 50 Yd Free "B"
 B. Sias 39 29.011
 200 Yd Free
 R. Olson 36 2:56.461
 50 Yd Back "B"
 B. Sias 39 39.382
 100 Yd Back
 R. Olson 36 1:48.091
 200 Yd Breast
 R. Olson 36 3:47.290
 100 Yd Ind Med
 R. Olson 36 1:35.430

40-44
 50 Yd Free
 S. Kasley 40 30.657
 200 Yd Free
 S. Kasley 40 2:39.543
 D. Carlson 44 2:53.387
 50 Yd Butterfly
 S. Kasley 40 38.320
 D. Carlson 44 43.874
 100 Yd Butterfly
 D. Carlson 44 1:41.804
 100 Yd Ind Med
 S. Kasley 40 1:26.420
 D. Carlson 44 1:33.901

45-49
 50 Yd Free
 D. Hildum 43 25.804
 W. King 45 26.793
 W. Miranda 45 27.299
 T. Brown 47 32.369
 200 Yd Free
 W. King 45 2:16.955
 B. Campbell 46 2:45.532
 50 Yd Back
 T. Brown 47 36.781
 100 Yd Back
 T. Koenig 47 1:17.470
 T. Brown 47 1:22.366
 50 Yd Breast
 D. Hildum 43 36.344
 T. Brown 47 38.940
 K. Cook 47 39.614
 200 Yd Breast
 T. Koenig 47 2:57.369
 K. Cook 47 3:22.656
 E. Campbell 46 3:27.934
 50 Yd Butterfly
 D. Hildum 43 31.364
 T. Koenig 47 31.906
 100 Yd Ind Med
 D. Hildum 43 1:07.931
 W. Miranda 45 1:14.226
 T. Koenig 47 1:14.370

50-54
 50 Yd Free
 B. Herliker 50 25.366
 C. Boyle 50 33.944
 50 Yd Free "B"
 D. Evans 54 38.376
 200 Yd Free
 B. Herliker 50 2:10.501
 D. Evans 54 3:29.2
 50 Yd Back "B"
 D. Evans 54 53.328
 100 Yd Back
 C. Boyle 50 1:52.868
 50 Yd Breast
 C. Boyle 50 38.825
 J. Glistler 50 40.726
 50 Yd Butterfly
 J. Glistler 50 32.468
 100 Yd Butterfly
 J. Glistler 50 1:25.109
 100 Yd Ind Med
 J. Glistler 50 1:19.975
 C. Boyle 50 1:33.575

55-59
 50 Yd Free
 S. Frost 55 29.834
 50 Yd Free "B"
 D. Werflec 58 31.626
 200 Yd Free
 S. Frost 55 2:50.361
 50 Yd Back "B"
 D. Werflec 58 37.195
 50 Yd Breast
 S. Frost 55 46.322
60-64
 50 Yd Free
 A. Berg 62 32.433
 200 Yd Free
 A. Berg 62 3:01.794
 50 Yd Back
 A. Berg 62 43.459
 100 Yd Back
 A. Berg 62 1:35.219
65-69
 50 Yd Free
 S. Brown 65 32.804
 200 Yd Free
 S. Brown 65 3:06.173
 50 Yd Back
 E. Brown 65 47.712

70-74
 50 Yd Free
 S. Frost 55 29.834
 50 Yd Free "B"
 D. Werflec 58 31.626
 200 Yd Free
 S. Frost 55 2:50.361
 50 Yd Back "B"
 D. Werflec 58 37.195
 50 Yd Breast
 S. Frost 55 46.322
60-64
 50 Yd Free
 A. Berg 62 32.433
 200 Yd Free
 A. Berg 62 3:01.794
 50 Yd Back
 A. Berg 62 43.459
 100 Yd Back
 A. Berg 62 1:35.219
65-69
 50 Yd Free
 S. Brown 65 32.804
 200 Yd Free
 S. Brown 65 3:06.173
 50 Yd Back
 E. Brown 65 47.712

75-79
 50 Yd Free
 S. Frost 55 29.834
 50 Yd Free "B"
 D. Werflec 58 31.626
 200 Yd Free
 S. Frost 55 2:50.361
 50 Yd Back "B"
 D. Werflec 58 37.195
 50 Yd Breast
 S. Frost 55 46.322
60-64
 50 Yd Free
 A. Berg 62 32.433
 200 Yd Free
 A. Berg 62 3:01.794
 50 Yd Back
 A. Berg 62 43.459
 100 Yd Back
 A. Berg 62 1:35.219
65-69
 50 Yd Free
 S. Brown 65 32.804
 200 Yd Free
 S. Brown 65 3:06.173
 50 Yd Back
 E. Brown 65 47.712

80-84
 50 Yd Free
 S. Frost 55 29.834
 50 Yd Free "B"
 D. Werflec 58 31.626
 200 Yd Free
 S. Frost 55 2:50.361
 50 Yd Back "B"
 D. Werflec 58 37.195
 50 Yd Breast
 S. Frost 55 46.322
60-64
 50 Yd Free
 A. Berg 62 32.433
 200 Yd Free
 A. Berg 62 3:01.794
 50 Yd Back
 A. Berg 62 43.459
 100 Yd Back
 A. Berg 62 1:35.219
65-69
 50 Yd Free
 S. Brown 65 32.804
 200 Yd Free
 S. Brown 65 3:06.173
 50 Yd Back
 E. Brown 65 47.712

85-89
 50 Yd Free
 S. Frost 55 29.834
 50 Yd Free "B"
 D. Werflec 58 31.626
 200 Yd Free
 S. Frost 55 2:50.361
 50 Yd Back "B"
 D. Werflec 58 37.195
 50 Yd Breast
 S. Frost 55 46.322
60-64
 50 Yd Free
 A. Berg 62 32.433
 200 Yd Free
 A. Berg 62 3:01.794
 50 Yd Back
 A. Berg 62 43.459
 100 Yd Back
 A. Berg 62 1:35.219
65-69
 50 Yd Free
 S. Brown 65 32.804
 200 Yd Free
 S. Brown 65 3:06.173
 50 Yd Back
 E. Brown 65 47.712

GOLD COAST MASTERS FALL SWIM MEET
 SHOF Pool Nov. 18-19 1978

WOMEN 25-29
 50 YD FREESTYLE
 Amy Chappel, 27 35.48
 100 YD FREESTYLE
 Grace Hunter, 26 1:06.19
 Janet Krieger, 25 1:09.02
 Amy Chappel, 27 1:22.22
 50 YD BACKSTROKE
 Janice Krauser, 27 40.16
 Amy Chappel, 27 51.38
 100 YD BACKSTROKE
 Janice Krauser, 27 1:28.78
 200 YD BACKSTROKE
 Janice Krauser, 27 3:11.48
 50 YD BREASTSTROKE
 Amy Chappel, 27 47.51
 100 YD BREASTSTROKE
 Grace Hunter, 26 1:26.70
 Amy Chappel, 27 1:45.04
 50 YD BUTTERFLY
 Janice Krauser, 27 37.13
 100 YD BUTTERFLY
 Janice Krauser, 27 1:22.35
 200 YD BUTTERFLY
 Janice Krauser, 27 3:00.04
 100 YD INDIVIDUAL MEDLEY
 Amy Chappel, 27 1:39.52
 200 YD INDIVIDUAL MEDLEY
 Janice Krauser, 27 3:02.52

WOMEN 30-34
 BARBARA WEST, 30 29.81
 50 Yd freestyle 1:03.65
 100 Yd freestyle 6:31.70
 50 Yd breaststroke 36.85
 50 Yd butterfly 31.74
 100 Yd I.M. 1:14.12
 200 Yd I.M. 2:37.68
 400 Yd I.M. 5:54.40

WOMEN 35-39
 LISA WOODMAN, 35 28.81
 50 Yd freestyle 1:05.06
 100 Yd freestyle 2:25.72
 50 Yd breaststroke 6:32.00
 50 Yd butterfly 33.32
 100 Yd I.M. 1:18.90
 400 Yd I.M. 6:10.20

WOMEN 40-44
 50 YD FREESTYLE
 Anne LeMaire, 41 31.78
 Anne McGuire, 44 32.13
 100 YD FREESTYLE
 Anne McGuire, 44 7:18.30
 50 YD BACKSTROKE
 Anne LeMaire, 41 41.89
 100 YD BACKSTROKE
 Anne McGuire, 44 37.25
 200 YD BACKSTROKE
 Anne McGuire, 44 1:24.38
 50 YD BUTTERFLY
 Anne LeMaire, 41 2:56.08
 Anne McGuire, 44 3:04.95
 100 YD BUTTERFLY
 Anne McGuire, 44 36.54
 200 YD BUTTERFLY
 Anne McGuire, 44 3:01.44
 100 YD INDIVIDUAL MEDLEY
 Anne LeMaire, 41 1:20.61
 Anne McGuire, 44 1:22.58
 200 YD INDIVIDUAL MEDLEY
 Anne LeMaire, 41 2:51.03
 Anne McGuire, 44 2:58.37
 Anne McGuire, 44 6:12.10

WOMEN 45-49
 50 YD FREESTYLE
 Mary Ann Heekins, 52 33.30
 Blanche Jacobs, 51 34.21
 Helen Reed, 51 47.40
 100 YD FREESTYLE
 Mary Ann Heekins, 52 1:15.80
 Blanche Jacobs, 51 1:17.96
 Helen Reed, 51 1:45.41
 200 YD FREESTYLE
 Mary Ann Heekins, 52 2:52.05
 Blanche Jacobs, 51 3:00.25
 50 YD BACKSTROKE
 Mary Ann Heekins, 52 7:42.10
 Blanche Jacobs, 51 38.21
 Helen Reed, 51 54.55
 100 YD BACKSTROKE
 Blanche Jacobs, 51 1:27.91
 Ben Ross, 27 2:18.30
 Wallace Burke, 28 2:36.05
 50 YD BREASTSTROKE
 Tony Bazant, 28 29.83
 Lee Hunter, 29 30.30
 Chris Chappel, 27 31.09
 Hugh Brown, 28 36.50
 Rob McKay, 25 37.53
 Doron Levin, 28 39.84
 John Newman, 26 41.47
 Perry Haaland, 26 42.22
 100 YD BREASTSTROKE
 Chris Chappel, 27 1:07.38
 Lee Hunter, 29 1:11.71
 John Newman, 26 1:24.48
 Doron Levin, 28 1:27.77
 Perry Haaland, 26 1:30.14
 200 YD BREASTSTROKE
 Chris Chappel, 27 2:29.22
 John Newman, 26 3:17.64
 Doron Levin, 28 3:11.63
 50 YD BUTTERFLY
 Rob McKay, 25 24.52
 Scott McMillen, 25 26.37
 Ben Ross, 27 26.57
 Chris Chappel, 27 26.78
 Hugh Brown, 28 31.80

WOMEN 50-54
 50 YD FREESTYLE
 Mary Ann Heekins, 52 33.30
 Blanche Jacobs, 51 34.21
 Helen Reed, 51 47.40
 100 YD FREESTYLE
 Mary Ann Heekins, 52 1:15.80
 Blanche Jacobs, 51 1:17.96
 Helen Reed, 51 1:45.41
 200 YD FREESTYLE
 Mary Ann Heekins, 52 2:52.05
 Blanche Jacobs, 51 3:00.25
 50 YD BACKSTROKE
 Mary Ann Heekins, 52 7:42.10
 Blanche Jacobs, 51 38.21
 Helen Reed, 51 54.55
 100 YD BACKSTROKE
 Blanche Jacobs, 51 1:27.91
 Ben Ross, 27 2:18.30
 Wallace Burke, 28 2:36.05
 50 YD BREASTSTROKE
 Tony Bazant, 28 29.83
 Lee Hunter, 29 30.30
 Chris Chappel, 27 31.09
 Hugh Brown, 28 36.50
 Rob McKay, 25 37.53
 Doron Levin, 28 39.84
 John Newman, 26 41.47
 Perry Haaland, 26 42.22
 100 YD BREASTSTROKE
 Chris Chappel, 27 1:07.38
 Lee Hunter, 29 1:11.71
 John Newman, 26 1:24.48
 Doron Levin, 28 1:27.77
 Perry Haaland, 26 1:30.14
 200 YD BREASTSTROKE
 Chris Chappel, 27 2:29.22
 John Newman, 26 3:17.64
 Doron Levin, 28 3:11.63
 50 YD BUTTERFLY
 Rob McKay, 25 24.52
 Scott McMillen, 25 26.37
 Ben Ross, 27 26.57
 Chris Chappel, 27 26.78
 Hugh Brown, 28 31.80

WOMEN 55-59
 100 YD FREESTYLE
 Dottie Stewart, 57 1:42.80
 200 YD FREESTYLE
 Dottie Stewart, 57 3:44.06
 500 YD FREESTYLE
 Dottie Stewart, 57 9:52.50
 100 YD BACKSTROKE
 Dottie Stewart, 57 2:01.53
 200 YD BACKSTROKE
 Dottie Stewart, 57 4:05.15
 50 YD BREASTSTROKE
 Dottie Stewart, 57 1:03.74
 Eleanor Brainin, 55 1:17.87
 Mary Gish, 55

100 YD BUTTERFLY	
Chris Chappel, 27	1:00.49
Scott McMillen, 25	1:02.04
100 YD INDIVIDUAL MEDLEY	
Scott McMillen, 25	1:00.64
Chris Chappel, 27	1:01.10
Joel Narcowich	1:01.52
Hugh Brown, 28	1:09.80
200 YD INDIVIDUAL MEDLEY	
Scott McMillen, 25	2:12.80
Chris Chappel, 27	2:13.10
400 YD INDIVIDUAL MEDLEY	
Scott McMillen, 25	4:50.46
MEN 30-34	
50 YD FREESTYLE	
Jim Manchester, 31	23.63
John McCarthy, 34	23.98
John Stearns, 33	24.02
Scott Guthrie, 34	28.41
David Silva, 31	34.89
100 YD FREESTYLE	
Tom Peak, 31	50.34
John McCarthy, 34	51.91
Bruce Bartling, 30	53.60
Jim Manchester, 31	53.91
John Stearns, 33	54.86
George Burke, 30	57.97
200 YD FREESTYLE	
John McCarthy, 34	1:59.87
Bruce Bartling, 30	2:00.41
Jim Manchester, 31	2:02.62
John Stearns, 33	2:10.37
Dick Chelakis, 32	2:12.03
George Burke, 30	2:18.75
Jim Sparks, 32	2:24.80
500 YD FREESTYLE	
Bruce Bartling, 30	5:38.56
John McCarthy, 34	5:56.41
Bob Duengel, 33	5:57.31
David Silva, 31	9:13.28
50 YD BACKSTROKE	
Dick Chelakis, 32	30.13
Jim Sparks, 32	30.41
Andrew Steiner, 32	35.00
100 YD BACKSTROKE	
Bob Duengel, 33	1:04.59
Jim Sparks, 32	1:06.04
Dick Chelakis, 32	1:06.32
200 YD BACKSTROKE	
Bob Duengel, 33	2:26.78
Jim Sparks, 32	2:29.04
Dick Chelakis, 32	2:35.06
50 YD BREASTSTROKE	
Scott Guthrie, 34	30.36
Jim Manchester, 31	31.87
Bob Duengel, 33	32.24
Andrew Steiner, 32	32.65
John Stearns, 33	35.98
100 YD BREASTSTROKE	
Scott Guthrie, 34	1:07.96
Bob Duengel, 33	1:10.44
Andrew Steiner, 32	1:11.38
200 YD BREASTSTROKE	
Scott Guthrie, 34	2:33.75
Bob Duengel, 33	2:36.85
Andrew Steiner, 32	2:38.70
50 YD BUTTERFLY	
Tom Peak, 31	24.75
Dick Chelakis, 32	26.25
Jim Manchester, 31	26.64
Scott Guthrie, 34	28.39
John Stearns, 33	29.12
George Burke, 30	28.45
100 YD BUTTERFLY	
Jim Manchester, 31	59.47
Scott Guthrie, 34	1:05.09
Dick Chelakis, 32	1:07.04
200 YD BUTTERFLY	
Dick Chelakis, 32	2:25.25
100 YD INDIVIDUAL MEDLEY	
Jim Manchester, 31	1:02.01
Bruce Bartling, 30	1:03.07
John McCarthy, 34	1:05.61
Bob Duengel, 33	1:05.67
Scott Guthrie, 34	1:06.41
John Stearns, 33	1:06.58
Dick Chelakis, 32	1:06.65
Jim Sparks, 32	1:06.80
Andrew Steiner, 32	1:10.32
200 YD INDIVIDUAL MEDLEY	
Bruce Bartling, 30	2:17.70
Bob Duengel, 33	2:20.78
Jim Manchester, 31	2:21.36
Scott Guthrie, 34	2:24.68
400 YD INDIVIDUAL MEDLEY	
Bob Duengel, 33	4:56.38
Dick Chelakis, 32	5:34.88
Scott Guthrie, 34	5:36.24
George Burke, 30	6:14.31
MEN 35-39	
50 YD FREESTYLE	
Cal Winn, 37	23.79
Edmundo Fernandez, 37	24.49
Bob Gallagher, 35	25.97
100 YD FREESTYLE	
Edmundo Fernandez, 37	53.69
Cal Winn, 37	53.82
Bob Gallagher, 35	58.94
200 YD FREESTYLE	
Edmundo Fernandez, 37	2:05.13
Bob Gallagher, 35	2:15.47
500 YD FREESTYLE	
Gerry DeLong, 35	5:48.44
Edmundo Fernandez, 37	5:54.28
Bob Gallagher, 35	6:19.36
50 YD BACKSTROKE	
Cal Winn, 37	32.15
100 YD BACKSTROKE	
Gerry DeLong, 35	1:17.60
50 YD BREASTSTROKE	
Gerry DeLong, 35	31.50
Edmundo Fernandez, 37	32.14
Bob Gallagher, 35	34.05
Cal Winn, 37	34.20

100 YD BREASTSTROKE	
Gerry DeLong, 35	1:09.02
Edmundo Fernandez, 37	1:10.89
Bob Gallagher, 35	1:15.63
200 YD BREASTSTROKE	
Edmundo Fernandez, 37	2:40.51
Bob Gallagher, 35	2:50.16
50 YD BUTTERFLY	
Cal Winn, 37	26.81
Gerry DeLong, 35	26.88
Edmundo Fernandez, 37	27.62
Bob Gallagher, 35	30.64
100 YD BUTTERFLY	
Gerry DeLong, 35	57.90
Cal Winn, 37	1:10.60
200 YD BUTTERFLY	
Gerry DeLong, 35	2:19.98
100 YD INDIVIDUAL MEDLEY	
Cal Winn, 37	1:03.15
Edmundo Fernandez, 37	1:03.27
Bob Gallagher, 35	1:07.75
Gerry DeLong, 35	1:14.07
200 YD INDIVIDUAL MEDLEY	
Gerry DeLong, 35	2:16.61
Edmundo Fernandez, 37	2:24.29
Cal Winn, 37	2:26.07
Bob Gallagher, 35	2:34.68
400 YD INDIVIDUAL MEDLEY	
Gerry DeLong, 35	5:10.50
MEN 40-44	
50 YD FREESTYLE	
Ernie Leskovitz, 41	25.63
David McIntyre, 41	25.72
Bill Dykstra, 41	27.51
100 YD FREESTYLE	
Ernie Leskovitz, 41	56.92
Bill Dykstra, 41	1:02.82
200 YD FREESTYLE	
Ernie Leskovitz, 41	2:12.56
Bill Dykstra, 41	2:28.47
500 YD FREESTYLE	
Ernie Leskovitz, 41	6:37.36
50 YD BACKSTROKE	
Ernie Leskovitz, 41	6:37.36
100 YD BACKSTROKE	
Bill Dykstra, 41	31.50
200 YD BACKSTROKE	
Bill Dykstra, 41	1:10.18
500 YD BACKSTROKE	
Bill Dykstra, 41	2:50.62
50 YD BUTTERFLY	
Ernie Leskovitz, 41	28.08
100 YD BUTTERFLY	
Ernie Leskovitz, 41	1:04.16
200 YD BUTTERFLY	
David McIntyre, 41	2:35.60
MEN 45-49	
50 YD FREESTYLE	
Galther Rosser, 45	24.55
Dick Wells, 48	25.61
Dan Malone, 48	25.89
Alfonso Victoria, 48	31.96
100 YD FREESTYLE	
Dick Wells, 48	58.73
C.R. Cambron, 46	1:06.78
Snag Holmes, 49	1:06.86
Alfonso Victoria, 48	1:10.12
200 YD FREESTYLE	
Galther Rosser, 45	2:07.87
Dan Malone, 48	2:08.74
Dick Wells, 48	2:22.23
Victoria Alfonso, 47	3:07.38
500 YD FREESTYLE	
Galther Rosser, 45	5:58.33
Dan Malone, 48	6:06.28
C.R. Cambron, 46	7:36.47
50 YD BACKSTROKE	
George E. Miller, 46	32.94
Dick Wells, 48	34.50
C.R. Cambron, 46	36.21
Snag Holmes, 49	38.80
100 YD BACKSTROKE	
George E. Miller, 46	1:12.05
C. R. Cambron, 46	1:18.84
Snag Holmes, 49	1:26.25
200 YD BACKSTROKE	
George E. Miller, 46	2:37.43
C.R. Cambron, 46	3:04.66
Snag Holmes, 49	3:21.15
MEN 55-59	
50 YD FREESTYLE	
Roger Feldman, 56	28.62
W.S. Jardine, 55	28.78
Reed Ringel, 55	29.29
Alex Curtis, 58	33.64
100 YD FREESTYLE	
Wm. Prew, 58	1:02.74
Reed Ringel, 55	1:06.64
Roger Feldman, 56	1:08.74
Alex Curtis, 58	1:19.46
Arthur Knapp, 58	1:49.93
200 YD FREESTYLE	
Wm. Prew, 58	2:28.32
Reed Ringel, 55	2:35.25
Roger Feldman, 56	2:47.81
500 YD FREESTYLE	
Reed Ringel, 55	7:01.44
Alex Curtis, 58	8:42.19
50 YD BACKSTROKE	
Reed Ringel, 55	38.30
Alex Curtis, 58	38.79
Sal Freddo, 59	45.12
Roger Feldman, 56	49.96
Arthur Knapp, 58	1:09.13
100 YD BACKSTROKE	
Reed Ringel, 55	1:24.99
Alex Curtis, 58	1:26.21
Arthur Knapp, 58	2:33.93
200 YD BACKSTROKE	
Reed Ringel, 55	3:16.74
Alex Curtis, 58	3:22.11
Arthur Knapp, 58	4:05.65
50 YD BREASTSTROKE	
Abrasha Brainin, 55	38.04
Reed Ringel, 55	39.37
Sal Freddo, 59	43.21

Alex Curtis, 58	48.00
Roger Feldman, 56	51.23
Arthur Knapp, 58	52.41
100 YD BREASTSTROKE	
Abrasha Brainin, 55	1:25.88
Reed Ringel, 55	1:28.39
Sal Freddo, 59	1:39.87
Arthur Knapp, 58	1:52.38
200 YD BREASTSTROKE	
Abrasha Brainin, 55	3:14.51
Sal Freddo, 59	3:57.95
Arthur Knapp, 58	4:00.33
50 YD BUTTERFLY	
Wilton Jardine, 55	32.47
Roger Feldman, 56	32.56
Sal Freddo, 59	37.69
Alex Curtis, 58	41.74
Arthur Knapp, 58	53.94
100 YD BUTTERFLY	
Wilton Jardine, 55	1:15.67
Roger Feldman, 56	1:32.77
Sal Freddo, 59	1:41.75
200 YD BUTTERFLY	
Dick Wells, 48	33.45
George E. Miller, 46	37.14
Alfonso Victoria, 48	38.07
C.R. Cambron, 46	38.20
Snag Holmes, 49	43.14
100 YD BREASTSTROKE	
Dick Wells, 48	1:16.19
Alfonso Victoria, 48	1:24.80
C.R. Cambron, 46	1:25.12
Snag Holmes, 49	1:36.40
200 YD BREASTSTROKE	
Dick Wells, 48	3:04.34
Alfonso Victoria, 48	3:14.94
C.R. Cambron, 46	3:28.15
Snag Holmes, 49	3:07.47
50 YD BUTTERFLY	
Galther Rosser, 45	27.75
Herb Kern, 46	30.14
George E. Miller, 46	30.95
Snag Holmes, 49	34.26
Victoria Alfonso, 47	43.54
100 YD BUTTERFLY	
Galther Rosser, 45	1:04.32
Herb Kern, 46	1:14.07
Snag Holmes, 49	1:27.31
200 YD BUTTERFLY	
Galther Rosser, 45	2:34.38
Herb Kern, 46	2:49.66
Dan Malone, 48	2:57.91
100 YD INDIVIDUAL MEDLEY	
Herb Kern, 46	1:07.92
Dick Wells, 48	1:10.02
Galther Rosser, 45	1:11.33
George E. Miller, 46	1:12.89
C.R. Cambron, 46	1:15.20
200 YD INDIVIDUAL MEDLEY	
Herb Kern, 46	2:33.15
Dick Wells, 48	2:35.70
Dan Malone, 48	2:41.04
Snag Holmes, 49	3:16.30
400 YD INDIVIDUAL MEDLEY	
Herb Kern, 46	5:39.61
Dan Malone, 48	5:41.87
Dick Wells, 48	5:48.41
Wilton Jardine, 55	5:50.76
MEN 50-54	
50 YD FREESTYLE	
John Calhoun, 53	29.82
John Pandak, 52	29.84
100 YD FREESTYLE	
John Calhoun, 53	7:20.69
50 YD BACKSTROKE	
Ralph Coxhead, 50	33.52
100 YD BACKSTROKE	
Ralph Coxhead, 50	1:14.32
200 YD BACKSTROKE	
Ralph Coxhead, 50	2:45.19
50 YD BUTTERFLY	
Wilton Jardine, 55	2:58.18
Arthur Knapp, 58	3:22.14
100 YD INDIVIDUAL MEDLEY	
Reed Ringel, 55	1:18.56
Alex Curtis, 58	1:26.86
Abrasha Brainin, 55	1:29.28
Roger Feldman, 56	1:31.43
Arthur Knapp, 58	1:58.32
200 YD INDIVIDUAL MEDLEY	
Wilton Jardine, 55	2:56.65
Arthur Knapp, 58	4:31.30
400 YD INDIVIDUAL MEDLEY	
Wilton Jardine, 55	6:18.92
MEN 60-64	
50 YD FREESTYLE	
Albert Meservy, 62	32.53
Stan Fisher, 60	36.26
100 YD FREESTYLE	
Stan Fisher, 60	1:27.81
Frank Tillotson, 63	1:37.27
200 YD FREESTYLE	
Stan Fisher, 60	3:33.01
500 YD FREESTYLE	
Albert Meservy, 62	9:39.42
Stan Fisher, 62	42.29
Albert Meservy, 62	46.00
100 YD BACKSTROKE	
Frank Tillotson, 63	1:34.47
Stan Fisher, 60	1:35.27
200 YD BACKSTROKE	
Frank Tillotson, 63	3:26.71
Stan Fisher, 60	3:38.74
50 YD BREASTSTROKE	
Frank Tillotson, 63	48.64
Stan Fisher, 60	1:01.08
100 YD BREASTSTROKE	
Frank Tillotson, 63	1:55.67
200 YD BREASTSTROKE	
Frank Tillotson, 63	4:04.02
50 YD BUTTERFLY	
Frank Tillotson, 63	1:50.43
100 YD BUTTERFLY	
Frank Tillotson, 63	4:32.56

400 YD INDIVIDUAL MEDLEY	
Frank Tillotson, 63	7:50.83
MEN 65-69	
50 YD FREESTYLE	
Woody Falson, 65	34.08
Clifford Straus, 66	34.83
100 YD FREESTYLE	
Woody Falson, 65	1:21.80
Woody Falson, 65	3:13.98
500 YD FREESTYLE	
Woody Falson, 65	9:03.01
50 YD BACKSTROKE	
Woody Falson, 65	43.35
William Share, 69	48.63
100 YD BACKSTROKE	
William Share, 69	3:48.57
50 YD BREASTSTROKE	
William Share, 69	44.62
Woody Falson, 65	56.80
100 YD BREASTSTROKE	
William Share, 69	1:35.90
200 YD BREASTSTROKE	
William Share, 69	3:33.05
50 YD BUTTERFLY	
Clifford Straus, 66	40.52
100 YD BUTTERFLY	
Clifford Straus, 66	1:37.96
200 YD BUTTERFLY	
Clifford Straus, 66	3:38.56
100 YD INDIVIDUAL MEDLEY	
Clifford Straus, 66	1:33.55
200 YD INDIVIDUAL MEDLEY	
Clifford Straus, 66	3:27.68
400 YD INDIVIDUAL MEDLEY	
Clifford Straus, 66	7:28.20
MEN 70-74	
50 YD FREESTYLE	
Wally Spence, 71	NR 30.49
Peter Jurczyk, 73	40.29
100 YD FREESTYLE	
Wally Spence, 71	NR 1:07.75
Robert Nelson, 70	1:21.63
200 YD FREESTYLE	
Robert Nelson, 70	3:13.43
500 YD FREESTYLE	
Wally Spence, 71	8:13.19
Peter Jurczyk, 73	10:10.61
50 YD BACKSTROKE	
Peter Jurczyk, 73	50.04
100 YD BACKSTROKE	
Peter Jurczyk, 73	1:51.91
200 YD BACKSTROKE	
Peter Jurczyk, 73	4:10.39
500 YD BACKSTROKE	
Wally Spence, 71	NR 1:31.50
MEN 75-79	
50 YD FREESTYLE	
Perc DeCramer, 75	40.23
Joe Scheu, 75	55.23
100 YD FREESTYLE	
Perc DeCramer, 75	1:36.24
Joe Scheu, 75	2:19.50
200 YD FREESTYLE	
Joe Scheu, 75	5:26.40
500 YD FREESTYLE	
Joe Scheu, 75	14:28.47
50 YD BACKSTROKE	
Perc DeCramer, 75	54.40
Joe Scheu, 75	1:04.76
100 YD	

Noland Pilot Turns Aquatic Skills To AAU Gold

Bob Amundsen

At age 56, Robert F. (Bob) Amundsen is in a physical condition most men 20 years younger would envy. An avid swimmer and diver, he tests his

endurance and ability by regularly competing — with outstanding success — in Amateur Athletic Union (AAU) swimming and diving events through-

out the country.

Mr. Amundsen, who has been a Noland aircraft pilot for nearly 18 years, received national recognition for his swimming abilities when in college, but had to curtail his swimming activities when he entered the Air Force. Mr. Amundsen's recent re-entry into competitive swimming evolved from an exercise program he started two years ago because of a health problem.

"I was suffering from a persistent respiratory ailment that developed over the severe winter," he explained, "and felt that swimming might help me get rid of it."

Mr. Amundsen started working out regularly at the YMCA in Newport News, Va., and the regimen soon began paying dividends. He started feeling better, mentally as well as physically.

But it wasn't easy. "It was nearly six months before I could do more than two or three laps," he said. "As my strength began to increase, I became determined to keep it."

Mr. Amundsen said he has lost about three to five pounds each year since returning to active swimming, and has never felt better. "I value my career with Noland. Swimming keeps me fit to fly, and that keeps me on the job. It all works together so well."

His regular practice consists of about 15 minutes of diving and an hour and 15 minutes of swimming. His specialty stroke is the free-style, but he also excels in the breast, back and butterfly.

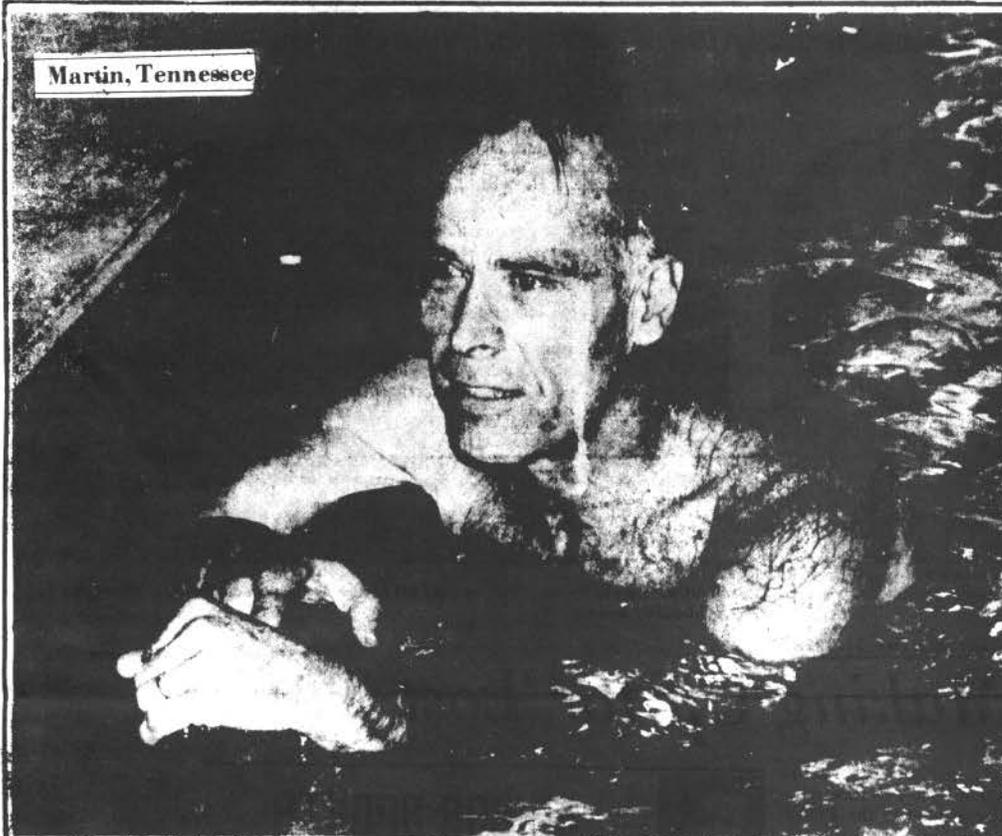
"I work out whenever and wherever I can get into the water," he said. "It may be in Mobile or Dallas, or wherever else Company flights take me."

Mr. Amundsen's choice of swimming to retain his health was a logical one. He started swimming as a youngster in Chicago. By the time he entered high school, he was an accomplished swimmer and helped his school team win the city and state championships.

He continued his swimming success in college at Northwestern University. While there, he won the Big 10 championship in the 50- and 100-yard free-style events. In 1942, he won the 50-yard free-style national AAU championship, and was named to the AAU All America swimming team.

"If swimming is your bag," he says, "do it. But don't expect it to be easy and to result in improvements overnight. The older you are, the longer it takes to get back into shape.

But the incentive of better health and performance on the job makes it all worthwhile. And once you feel some improvement, you'll want to keep it." 



Martin, Tennessee

Relaxed

Dr. Harry Hutson, a 57-year-old history professor at UTM, enjoys swimming, the only exercise he has found that will help his back problem. Dr. Hutson swims 50-60 laps a day at the new olympic-size pool on campus.

Professor 'Discovers' Swimming

It seems strange for someone who learned to swim at the age of seven to "discover" swimming later in life, but for Dr. Harry Hutson, a 57-year old history professor at UT Martin, that is exactly what happened.

According to Dr. Hutson, chairman of the UTM Department of History and Political Science, it took a back ailment and an advertisement on the back of a cereal box to get him into the pool on a regular basis.

"A back problem flared up in 1969," Hutson said. "Swimming was the only exercise that helped ease the pain."

The only pool available then to Hutson was a 20 by 60 foot pool used exclusively by UTM swimming classes. By special arrangement he was able to use the pool during regular swim class meetings. He began swimming on a more regular basis when the new olympic-size pool was completed in the UTM physical education complex in 1975.

Dr. Hutson's interest led to stints as a Red Cross swimming instructor, a life guard, and as husband-father-teacher to wife Betty and his four children. However, he had never swum competitively until two years ago when he read about the Masters' Swimming Program on the back of a cereal box.

Sanctioned by the American Athletic Union (AAU) and organized in 1971, the Masters' Swimming Program is designed for swimmers over 25 years of age. Regular swim

meets are scheduled throughout the year, with numerous age divisions for each race. Competitors include people of various ages and varying swimming abilities.

Dr. Hutson competed in his first swim meet in 1976. "I remember that meet well," he says. "My whole family went along because they didn't think I was serious. But, when they saw how serious I was about competing, my mother got so nervous she couldn't watch." The history professor swam in the 100-yard freestyle and, because of a "bad case of nerves," couldn't find the wall on the flip turn. He did, however, finish the race in third place.

Dr. Hutson competed in his second swim meet in October of 1977 and attended his first professional swim clinic at Western Illinois University last July.

A perfect example of power and grace in the water and a lean and muscular 160 pounds on dry land, he now swims 50 to 60 laps each day. Dr. Hutson says he would like to see more people become interested in swimming for exercise and enjoyment.

"West Tennesseans are not terribly excited about the sport of swimming," he says. "However, with facilities such as ours at UTM opening their doors to the public, more and more people should discover the joys and benefits of the sport. My dream is to see persons of all ages swimming for their personal pleasure and physical well-being."

Photos by
Phyllis Morese



Grandmother Sis (Florence) Fogel, smiles as she leaves the pool having learned that she broke the National Masters Women's backstroke record.



Gaither Rosser takes a dip to cool off in the Hall of Fame Pool, prior to his scheduled events.

10-BR THE MIAMI HERALD Thursday, Dec. 21, 1978

At 71, He's Making Up for Lost Time

It took Bob Nelson more than 40 years, but now he's swimming even better than former world champion Buster Crabbe who used to beat Nelson and just everybody else around in the 1930s. The 1932 Olympic swimming champ set 16 world records and 35 national marks in his career.

At 71, Nelson has made up for lost time. Now Crabbe can't beat Nelson.



Bob Nelson
... going strong

petition.

Last summer Nelson won the YMCA's 70-year-old national freestyle championship. He also still owns Gold Coast swim records in the 100 (1:17), 200 (2:57.60) and 500-yard freestyle (8:29:55).

"SOME PEOPLE grow old gracefully. I grow old reluctantly," says Nelson.

Nelson isn't about to slow down now. Over the last half-century he has had 53 jobs and owned 64 cars and 19 boats. He's on the go so much he doesn't have a permanent address. His mailing address is a post office box in Miami and he lives in a motel in Fort Lauderdale on a temporary basis.

"I don't own anything that I can't put in my car and just take



SENIOR SPORTS

pete jeff

off," said Nelson, a life-long bachelor and sometime-swimming instructor at the Hall of Fame Pool. "I don't even own a will. That would be admitting that I'm going to die."

With a masters degree in physical education, Nelson coached swimming teams in eight YMCAs from California to Florida. He worked as a tennis pro before joining the physical education staff at Georgia Tech, a job he held for 11 years, his longest stint at any job.

"I have a lot of friends who were in very important jobs, but I've accomplished so much more," said Nelson. "I've never given a hang about money or success. You start thinking about that and you forget what really counts — being happy with yourself."

THAT'S WHY Nelson is crewing a 46-foot sailboat on a four-month cruise in the Bahamas, handling the craft for a businessman in Lighthouse Point. Nelson has more than 55 years sailing experience. In 1923 he crewed a 22-footer in an International Championship in Massachusetts.

Nelson had little trouble winning the Golden Age Olympics Sailing event by more than 15 minutes over the two-mile triangular course. He also easily won the canoeing championship.

"I do a whole lot of crazy things to relieve the monotony of just living," Nelson said. "But everywhere I go I push the fact that senior citizens shouldn't just sit and do nothing."

Nelson swims 500 yards a day three times a week, and plays tennis at least twice a week. Nevertheless he has a take-it-easy policy. He doesn't push his 5-10, 215-pound body too much "and I eat like a horse" without regard to sugar or salt intake.

Nelson eats as he lives. Consuming a little of everything.

MASTERS NOTES SWIMMING

1979 LONG COURSE NATIONALS - Comments from Ted Haartz - A series of unforeseen circumstances has necessitated the transfer of the 1979 Long Course Championships from the University of Texas, Austin, to Dearborn, Michigan on Aug. 23-26. Michigan had received just one vote less than Texas in the voting at the annual Convention. Prescheduled Maintenance activities and other scheduling and administrative problems required a longer "lead time" than our November Convention vote allowed. We were already out of the time frame required but did not know it. Subsequent efforts to correct this situation were attempted because of the majority's desire to use this fine facility, but the logistics just could not be corrected. The University of Texas wants very much to host a future National Masters Championship, and with our current policy of awarding meets two years in advance, this will allow the University and others with long lead times the opportunity to plan and prepare in orderly fashion. Announcement will be made as soon as a meet director is named for Long Course, but in the meantime, any inquiries can be directed to the Michigan Masters chairman, "Hank" Hoover, 1815 Gay Lane, Lansing, MI 48912.....

1979 RANSOM J. ARTHUR, M.D. AWARD COMMITTEE - Chairman, Bob Beach has announced the following members of the 1979 committee: Robert E. Beach, Chairman, 545 First Avenue North, St. Petersburg, FL 33701; Richard Bober (25-29), 3300-6C Central Ave., Charlotte, NC 28206; Jo Man (30-39), 1405 Pine Chase, Houston, TX 77055; Connie Wilson (40-49), 8383 S.E. Battlin #1, Portland, OR 97226; Ray Taft (50-59), 57 East 40 Ave., San Mateo, CA 94403; Margaret George (60-69), 159 South Allen #106, Pasadena, CA 91106; Arthur Hargrave (70-79), P.O. Box 520, Aptos, CA 95003; Edie Gruender (Zone I), 3329 North Valencia Lane, Phoenix, AZ 85018; Frank Havlicek (Zone II), 781 North Milton Rd., Palatine, IL 60067 and Tink Bolster (Zone III), 124 Parkside Dr., Princeton, NJ 08540.....

ANOTHER NOTE BY TED HAARTZ - I have answered some 200 inquiries about Masters swimming as a result of an article written by Philip Whitten in the February issue of Family Health. For the most part, I have referred these people to the local Masters chairman, but in some cases, I referred them to active Masters swimmers near at hand. If you have had a phone call or a letter, do what you can to help these new people. I also understand there is to be a similar article in the Sunday supplement Parade Magazine. When that comes out, look out

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for the next round of referrals. Thanks for your help. Editor's Note: Thank you for all those new subscriptions, Phil! Almost everyone requesting a subscription also says how much they enjoyed the article.....

NOTE FROM ENGLAND - Ernest Warrington, one of the directors of The Swimming Times Ltd. writes: "I am sorry to say that the A.S.A. did not approve the FINA rules for Masters Swimming, but have agreed that efforts should be made to start up 'Masters' for Amateurs, but the Committee have yet to consider this. Many were disappointed that the FINA rules were not adopted to allow professionals to compete." Hopefully, some day someone can convince the rest of the countries that this is a worthwhile group of athletes to be associated with.....

FROM THE NAUTILUS AQUATIC CLUB NEWSLETTER - Want a quick lift in your feelings of pride in Master swimmers? Consider the fact that in Masters swimming there is no word equivalent to jogging. Jogging is, of course, a slowed down version of running, a less strenuous, less exacting, and less meaningful discipline. Master swimmers mostly swim all-out. They don't "jog" in the water. They're not dawdlers; they're competitors!.....

1979 SHORT COURSE NATIONALS - The entry blanks and information is now available from meet director Don Smith, 22961 Luciana, Mission Viejo, CA 92691. The yellow information booklet contains one mistake - 5. under relay entry data says that mixed relays may be made up of 1 man and three women. This is in error and the entry blank is correct - 2 men and 2 women.....

COMMENTS FROM TOP TEN COMMITTEE - In the 65-69 age group there are three ladies with similar names - M. Miller 68, E. Muller 66 and M. Mueller 66. Please keep in mind that as new swimmers join the program, the chances for duplication of names and ages increases. Please identify the swimmers in meet results clearly. Use the same first name swimmers. i.e. Either Bob OR Robert, but not both. Provide name and address on meet results for a contact person for questions.....

June Krauser, Editor
2308 N.E. 19th Avenue
Ft. Lauderdale, FL 33305



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VOL VIII - No 3 - MAR-APR 1979

SWIM CALENDAR

MAR	17	6th International Senior Swim Competition - Pool Hurth near Colone Gert Fuchs, BenfleetsraBe 11, 5023 Weiden, Germany
	17	Margaret George, 159 S. Allen #106, Pasadena, CA 91106
	17-18	Ga State U - Ted Reissing, 5102 Hidden Branches Dr., Atlanta, GA 30338
	17	Powell Crosley Y SC - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
	18	SC - Charles Moss, 2206 Cranbrook Dr., Midland, MI 48640
	24	U of MO - Andy Clark, Columbia Pks & Rec, P.O. Box N, Columbia, MO 65205
	31-APR 1	0*H*1*0 Masters - Harry Fox, P.O. Box 922, Massillon, OH 44646
APR	1	England LC - Arthur Ayres, 109 Overslade Cresent, Coventry CV6 2AX England
	6-8	Southern Regional - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
	7	Yale U - Jane Hardy, 49 Wilson Av.e, Rowayton, CT 06853
	7-8	WI State Meet - John Bauman, 9717 Saratoga Dr., Coledonia, WI 53108
	7-8	Spring Meet - Joanita Reed, Rt #3, Box 208 KK, San Antonio, TX 78218
	7-8	U of DE - Harry Rawstrom, Carpenter Sports Bldg., Newark, DE 19711
	13-14	Englewood, CO - Jack Buchannan, 29195 Histed Dr., Evergreen, CO 80439
	2-14	Pentathlon - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	21	Australian Champ - Gary Stutsel, 299 Bexley Rd., Bexley No., N.S.W., Aus. 2207
	21-22	SC - Dot Ressiguie, P.O. Box 7, Tar Heel, NC 28392
	21-22	Harvard - Enid Urich, 25 Lafayette Rd., Newton, MA 02162
	27-29	East Coast Inv - Bob Macionis, Bridgewater Com. Pool, Box 6300, Bridgewater, NJ
	28	M.E.Lyons Y - Cathy Witkowski, 5500 Beechmont Ave., #6, Cincinnati, OH 45230
	28-29	Texas A&M - Will Worley, 1001 Village Dr., College Station, TX 77840
	28-29	York Dutch Meet - Cal Schaeffer, 2826 Eastwood Dr., York, PA 17402
		Hiawaiian Postal Relays - Kay Harrison, 1350 Ala Moana Blvd. #1904, Hono., HI
MAY	4-7	SC NATIONALS - Don Smith, 22961 Luciana, Mission Viejo, CA 92691
	5-6	Lubbock Y - Gene M. Hildreth, 3102 36th St., Lubbock, TX 79413
	5-6	SC - Bill Kloppe, 213 Osceola Ave., Nashville, TN 37209
	24-28	Virginia Masters Swim Camp - U.S. Camps, P.O. Box 6546, Charlottesville, VA 22906
	25-27	St. Pete LC - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
JUNE	8-10	YMCA Nationals - Tom Gorski, Western YMCA, 850 S. Rolling Rd., Baltimore, MD 21228
JULY	8	1500 Mtr Free - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
AUG	4-5	DC LC - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
	18	Powell Crosley Y - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
	24-27	LC NATIONALS - Hank Hoover, 1815 Gay Ln., Lansing, MI 48912
		MASTERS DIVING - Bill McAlister, 14407 Road 23-1/2, Madera, CA 93637 SEP 24, OCT 13
		MAR 17, APR 28-29, MAY 25-27 (Nationals), JUN 16, JUL 8, AUG 24-27 (Nationals), SEP 8-9,/ IE ASSO. - Gene Sayre, W. 2321 Dalton, Spokane, WA 99205 APR 27-29
		PNA ASSO. - Fred Wiggin, 16741 - 15 Ave. N.W., Seattle, WA 98177 APR 20-22
		OR ASSO. - Earl Walter, 3904 S.W. 57 Ave., Portland, OR 97221 APR 7-8
		NJ ASSO. - Eric Snyder, P.O. Box 684, Chatham, NJ 07928 MAR 31, APR 21
		OHIO ASSO. - Roy Stickney, 499 N. Columbia Ave., Bexley, OH 43209 MAR 25, APR 29
		HI ASSO. - CDR Bill Earley, 9A Kamakani Pl., Honolulu, HI 96818 MAR 18, APR 1, APR 8, APR 22, MAY 6

CORONADO MASTERS - Alicia Horst, 571 Marina Ave., Coronado, CA 92118 MAR 18, MAY 27, JUL 29
MAY 16-18 1980 SC NATIONALS - June Krauser, 2308 N.E. 19 Ave., Ft. Lauderdale, FL 33305

**Mail 3 copies of meet results to: Enid Urich, 25 Lafayette Rd., Newton Lwr Fls, MA 02162*